THE SATURDAY EV[illegible] POST

[illegible]enj. Franklin

$2.95 Nov./Dec. '93

Property of
Ambassador College Library
Big Sandy, TX 75755

RECEIVED
OCT 21 1993

Mel Gibson

Prostatitis

Homemade Gifts from the Kitchen

Holiday Traditions We Love

Post Football Art

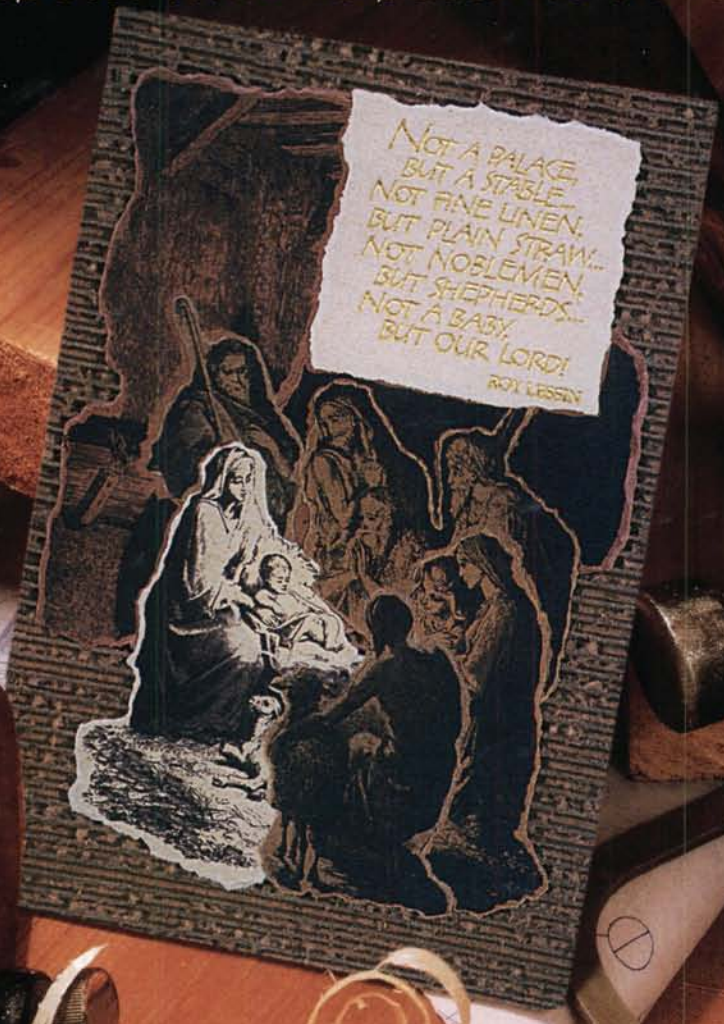
L.A.'s Inner-City "Olympics"

Precious Moments Story

Erma Bombeck • Jim Lehrer Speaks Out

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

When God said He loved us, He didn't just talk about it...He became involved.



Today in America there are hundreds of thousands of homeless men, women and children living in such excruciating poverty that many have given up hope of ever escaping. They face illness, hunger, deprivation and worst of all, lasting despair.

But you can help change that. You can make a lasting difference. And you can bring hope to those without it.

My Heart—His Home was created not only to share the joy and meaning of Christmas, but to make a tangible difference in the lives of homeless people in America. That's why for each box sold, DaySpring is donating fifty cents to World Vision in partnership with Habitat for Humanity to help build new homes and happier lives. Please join us in making this the Christmas season it was meant to be.

DaySpring CARDS

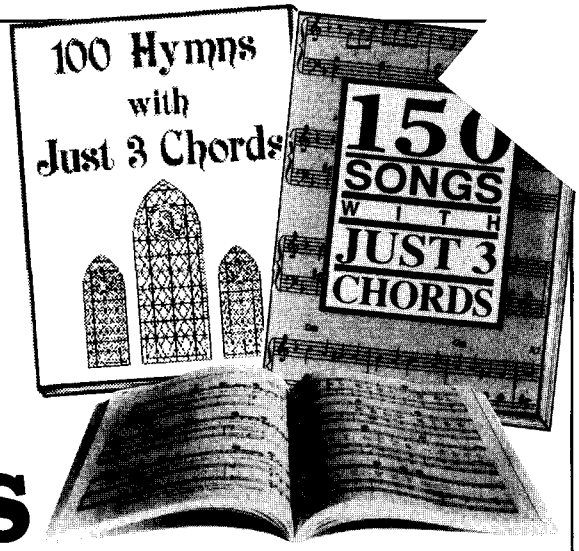
When You Want to Share Your Heart and God's Love

Available at your favorite Christian bookstore

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

You Too Can Play Music!

Play Hymns Play Songs with Just 3 Chords



Here are two music books bursting with your favorite songs and hymns - 250 in all! - that you can play on your piano or keyboard with **only three chords!**

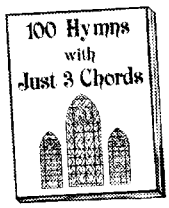
Imagine being able to play with ease and simplicity all those sing-along favorites such as *Down By The Riverside, Bill Bailey, America The Beautiful, When The Saints Go Marching In, There Is A Tavern In The Town...* in half the time, with half the effort. Now you can with **150 Songs With Just 3 Chords.**

Or choose our book of **100 Hymns**. Here are the most cherished, best-loved hymns of our time, all specially arranged to be played so easily with just three basic chords that you'll be thrilled to play them so well. It is an inspiring collection of such wonderful, uplifting favorites as *Amazing Grace, Faith Of Our Fathers, Abide With Me, Rock Of Ages* and dozens more. Play them for friends and neighbors for those fun sing-alongs and get-togethers. Or just enjoy them by yourself for those special moments of spiritual inspiration and solitude.

What perfect books for beginners and folks in the early piano grades. And what better way to enjoy yourself and your time than by playing music!

Buy Both— Postage Free! *Save $3.00!*

Here's What You Get!



***** 100 HYMNS! *****
What A Friend We Have In Jesus • The Lord's Prayer • Nearer My God To Thee • O Happy Day • Whispering Hope • Send The Light • He Leadeth Me • Once In Royal David's City • Stand Up For Jesus • All Through The Night • Away In A Manger • I Love To Tell The Story • He's Got The Whole World In His Hands • Jesus Will Reign • Hark, The Herald Angels Sing • Joy To The World • O Happy Day...plus much more!

***** 150 SONGS! *****

Hello! Ma Baby • Sidewalks Of New York • Merry Widow Waltz • Auld Lang Syne • Little Brown Jug • Camptown Races • Home On The Range • Mexican Hat Dance • Down In The Valley • Musetta's Waltz • The Star Spangled Banner • Billy Boy • Yankee Doodle • Silver Threads Among The Gold • Good Night Ladies • Sweet Molly Malone • Two Guitars • Black Is The Color Of My True Loves'Hair • Put Your Arms Around Me Honey • The Yellow Rose Of Texas...plus much more!

—No Risk Order Form—

SONGBOOKS UNLIMITED, Dept. 099408
P.O. Box 11061, Des Moines, IA 50336-1061

FREE POSTAGE WHEN YOU BUY BOTH BOOKS!

YES! Send me the book(s) that I have checked below. If I am not completely satisfied, I may return my order within 30 days for a full refund. Make check payable to Songbooks Unlimited.

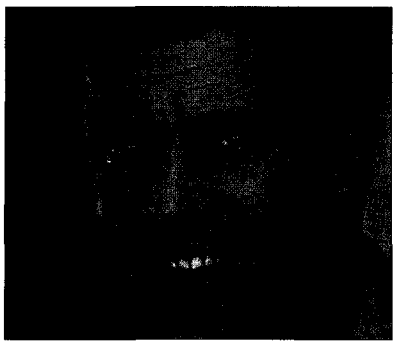
Name_____
Address_____
City_____ State_____ Zip_____

Item No.	Qty	Item	Unit Price	Total Price
900654		150 Songs with Just 3 Chords	$16.95	
900456		100 Hymns with Just 3 Chords	$12.95	
			Subtotal	
			NJ, IA res. add tax	
			Add shipping & handling	$3.00
			Check or Charge TOTAL	

☐ Check Enclosed ☐ VISA ☐ MASTERCARD ☐ DISCOVER

Exp. Date_____
Card No._____
Signature_____

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



A Kid at Heart—Actor Mel Gibson prefers the antics of family life to the trappings of superstardom. **40**

Kissing under the Mistletoe — plum pudding, and Christmas goose are customs with ancient and often surprising origins. **34**

The Gridiron Gallery—showcases America's favorite sport through decades of *Post* cover illustrations. **50**

Fighting Gangs with Games—Los Angeles' Inner-City Games are channeling kids off the streets and into character-building activities. **58**

THE SATURDAY EVENING POST

Founded A.D. 1728

Published by THE SATURDAY EVENING POST SOCIETY
a division of THE BENJAMIN FRANKLIN LITERARY & MEDICAL SOCIETY

TABLE OF CONTENTS, November/December 1993 Vol. 265, No. 6

FICTION

The Peddler Came Adriving . . . . . *Edward W. O'Brien* 42

FEATURES

A Dangerous Game . . . . . *Wen Smith* 14
Diagnosis: Prostatitis . . . . . *Ralph Dittman, M.D., M.P.H.* 26
Why We Do What We Do at Christmas . . . . . *Edgar S. Nash* 34
Precious Moments of Loving, Caring, and Sharing . . . *Janet Hughes* 38
Mel Gibson: Still Growing Up . . . . . *Bart Mills* 40
Christmas at Canaan . . . . . *Katherine Harper* 44
My Next Dog. . . . . *Maynard Good Stoddard* 48
The Gridiron Gallery. . . . . *Steven C. Pettinga* 50
As a Tortoise to His Shell. . . . . *Catherine Drinker Bowen* 56
Los Angeles: From Riots to Races. . . . . *Bill Desowitz* 58
A Waltons' Christmas. . . . . *Erma Bombeck* 60
How to Tie a Bow Tie. . . . . *Thomas Ehrlich* 64

DEPARTMENTS

Letters 4
Post People 12
HeartBeat: Homemade Gifts from the Kitchen . . . . . *Patrick Perry* 18
Food: Duckling for the Holidays . . . . . *Ted Kreiter* 22
Post Scripts 30
Travel: The Royal Ravens of London . . . . . *Sandy Huff* 74
Heritage of Old Salem . . . . . *John McCollister* 78
Speaking Out: A Plague in the Press . . . . . *Jim Lehrer* 80
Medical Mailbox . . . . . *Cory SerVaas, M.D.* 88

(Cover illustration by J.C. Leyendecker)

The Saturday Evening Post (ISSN: 0048-9239) is published bimonthly by the Benjamin Franklin Literary & Medical Society, Inc., at 1100 Waterway Boulevard, P.O. Box 567, Indianapolis, IN 46202. Printed in U.S.A. Second-class postage paid at Indianapolis, IN 46206, and at additional mailing offices.

Copyright © 1993 by the Benjamin Franklin Literary & Medical Society, Inc. All rights reserved. Title registered U.S. Patent Office.

Membership Subscription Prices: U.S. and possessions—1 year, $13.97. Canada and all other countries—$20.97. *The Saturday Evening Post* editorial, circulation, and business offices are located at 1100 Waterway Boulevard, Indianapolis, IN 46202. **Postmaster: Send address changes to *The Saturday Evening Post* Subscription Offices, P.O. Box 7132, Red Oak, IA 51591-0132.** Allow six weeks for change of address. Unsolicited manuscripts, artwork, and photographs submitted to *The Saturday Evening Post* must be accompanied by an addressed return envelope and the necessary postage. The publisher assumes no responsibility for the return of unsolicited manuscripts, artwork, or photographs. The names of characters used in all *The Saturday Evening Post* fiction and semifiction articles are fictitious. Any resemblance to a living person is a coincidence.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

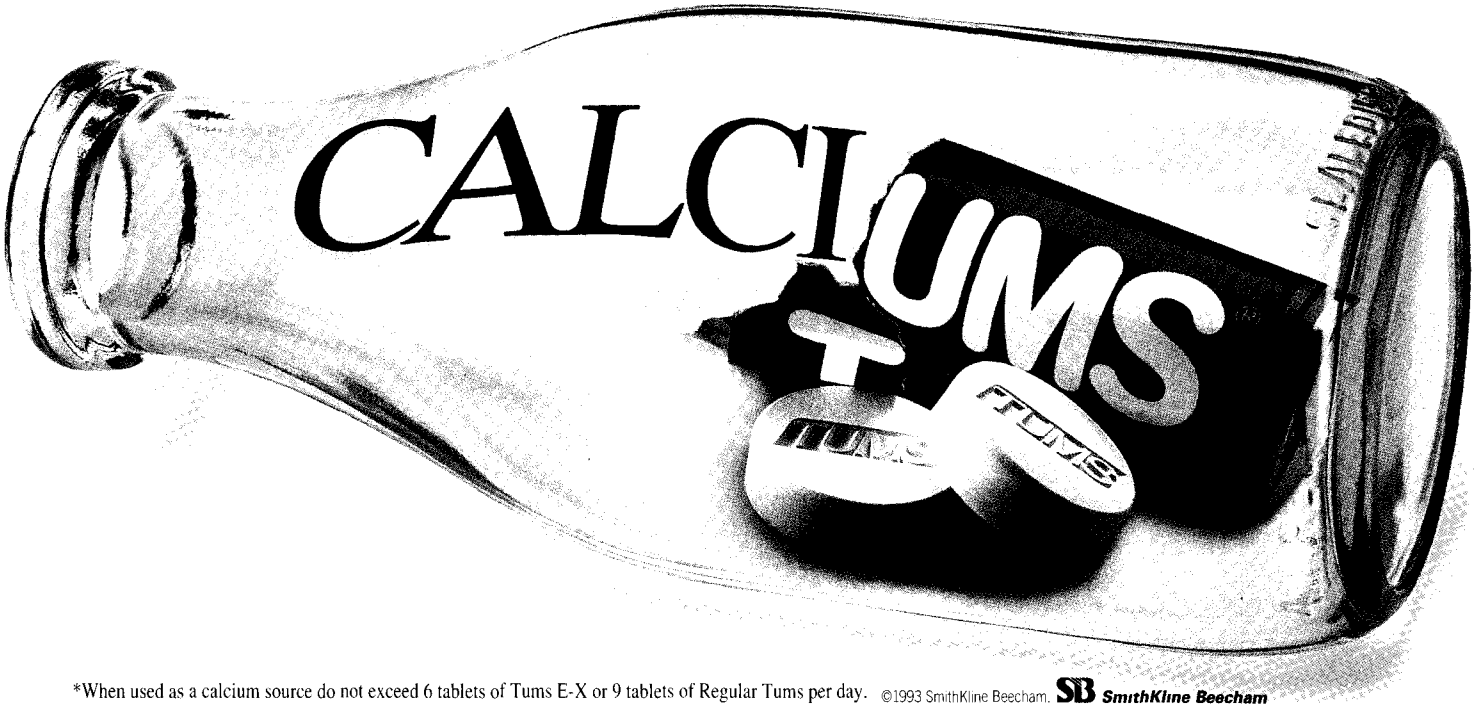
Where do you find calcium if you can't stomach milk?

Today, even people who don't have any problems with dairy products are finding out they need more calcium.

And if you're lactose intolerant, you're probably living without the richest source of calcium in most people's diets.

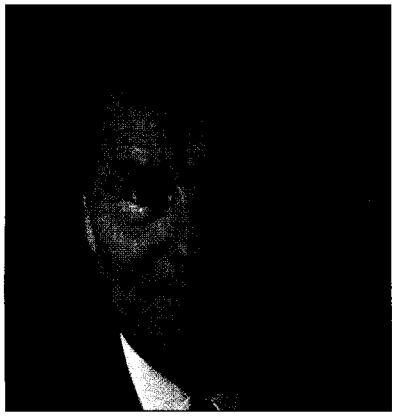
Where do you turn? To Tums. Because Tums, the famous antacid, is also Tums, the calcium source. There's 200 milligrams of calcium in every Tums tablet. And, the calcium carbonate that makes Tums such an effective antacid is the same calcium carbonate that's in more expensive calcium supplements. So just 2 Tums tablets a day provide 40% of the U.S. Recommended Daily Allowance of calcium.*

You can find Tums just about anywhere, in six delicious, chewable flavors.



*When used as a calcium source do not exceed 6 tablets of Tums E-X or 9 tablets of Regular Tums per day. ©1993 SmithKline Beecham. SB SmithKline Beecham

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



Newsman Jim Lehrer—examines the state of the press in America. **80**

Holiday Duck—No longer the fatty cousin of chicken and turkey. **22**

Erma's Great Idea—or how a dream of a Waltons' Christmas turned into a Bombeck family nightmare. **60**

Christmas in the Desert—Phoenix's unforgettable botanical Prayer Garden. **44**

Letters

Grateful for Prostate Articles

I shall be eternally grateful to your magazine for the articles which appeared on the subject of prostate cancer. My husband died February 23, 1993, from that disease. The articles were too late for him, but hopefully not for our three sons. I made photostat copies of the article entitled, "David, Why Did You Wait?" and sent them to our sons. Their physicians did not know about the PSA test, but immediately inquired of medical sources and administered the tests. So far, the results have been negative for them. They will be tested every six months for this problem. Thank you so much for your wonderful magazine articles.

Sara C. McDowell
Sun City, Arizona

Ginger Rogers Not to Blame

The May/June 1993 issue of *The Saturday Evening Post* has recently come to my attention. You can imagine my surprise and dismay when I read the article on page 30, "Breathless" by Ralph Baird.

I should like to take issue with the author for stating that I am to blame for his taking up the habit of smoking. To my way of thinking, it comes down to two very simple words: personal choice.

I can agree that the movies tend to glamorize smoking and drinking, but it is usually because there is a lag in the story and the writer or director doesn't know what else to have his actors do in the scene.

Such was the case when I made my first film, *Young Man of Manhattan,* in 1930. My director, Monta Bell, instructed me how to play the scene, which included smoking while walking up and down quite excitedly. I, being a nonsmoker, protested that I did not know how to smoke. He told me to go into the corner of the sound stage and learn! Well, I turned several shades of green while trying to learn and make it look like I knew what I was doing. After all, this was my first film and I couldn't very well say "no" to the director. As was the case in several of my films after that, the director had his actors smoking in many scenes. I, too, became hooked on smoking, on screen and off.

I was a light smoker, maybe two

EDITORIAL

Cory SerVaas, M.D., *Editor-in-Chief*
Ted Kreiter, *Executive Editor*
Maynard Good Stoddard,
Patrick Perry, *Senior Editors*
Jack Gramling, *Copy/Research Editor*
Holly G. Miller, *Travel Editor*
Steven Pettinga, *Permissions, Cartoons, Post Scripts, Archives*
Joan Durham, *Editorial Assistant*
Bernice A. Dabner, *Associate Food Editor*
Amy Roesler, *Animals & Pets Editor*
Kathy Hitchens, R.Ph., *Medical Writer*
Nancy C. Stickney, R.N., *Associate Medical Edito*
Paul SerVaas, *Contributing Editor*
Anita Myers, *Associate Television Producer*

ART & PRODUCTION

Dwight Lamb, *Production Manager*
Chris Wilhoite, *Art Director*
Penny Rasdall, *Art Associate*
Greg Vanzo, *Technical Director*

CIRCULATION

Joseph L. Swaynie, *Circulation Executive*
John A. Simmons, *Circulation Director*
Georgia Ratliff, *Subscription Manager*
Joan Durham, *Licensing & Copyrights*

ADVERTISING OFFICES

INDIANAPOLIS

1100 Waterway Boulevard,
Indianapolis, IN 46202
(317) 636-8881, Telex 27-440
Fax (317) 637-0126

Robert Silvers, *Associate Publisher*
Don Sutton, *Marketing Director*
Karen Smith, *Advertising Administrator*
Phyllis Lybarger, *Special Sections Director*

Corporate Advertising

Janet Andersen
1813 Tropical Breeze Drive
Las Vegas, NV 89117
(702) 255-8068

Direct Response & Mail Order

Bob Bernbach
R.B. Advertising Representatives, Inc.
677 Commerce Street
Thornwood, NY 10594 (914) 769-0051
Fax (914) 769-0691

Media Options

Joseph Failla & Rosalie Failla
52 Yellowbrick Road
Wayne, NJ 07470 (201) 633-5950
Fax (201) 694-8371

NEW YORK

(212) 682-3925

SOUTHEAST

Ray Rickles & Company
P.O. Box 520849
Miami, FL 33152-0849
(305) 592-0044
Fax (305) 592-1594
Scott Rickles
560 Jacaranda Court
Alpharetta, GA 30202 (404) 664-4567
Fax (404)740-1399

MICHIGAN

Dave Jackson & Associates
33975 Dequindre, Suite 107
Troy, MI 48083 (313) 585-8266
Fax (313) 585-2659

WESTERN REGION

Paul Palmeri
P.O. Box 7550
Van Nuys, CA 91409 (818) 993-1820

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

THE GOLD STANDARD

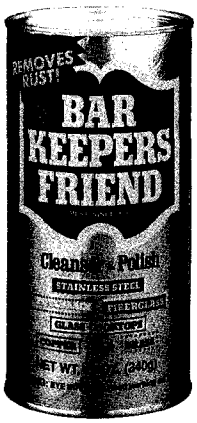
The way consumers love BAR KEEPERS FRIEND® CLEANSER & POLISH you would think our little gold cans *are* solid gold.

We regularly hear people say, "I won't be without my BAR KEEPERS FRIEND." They tell us there's nothing better for removing rust, hard water deposits, and other tough stains in their kitchens and baths.

Stainless steel, fiberglass, porcelain, copper and brass all get clean and shining with BAR KEEPERS FRIEND.

Pick up the gold can at your supermarket today and save a little gold with this coupon.

BAR KEEPERS FRIEND



MANUFACTURER'S COUPON | **EXPIRES JANUARY 31,1994**

SAVE 25¢

on your next purchase of

BAR KEEPERS FRIEND®

The Best Powdered Cleanser

71618 102538

NOTICE TO DEALERS: As our agent you may accept this coupon from retail customers. IF YOU RECEIVE IT ON THE SPECIFIED PRODUCT WE WILL REIMBURSE YOU FOR THE FACE VALUE OF THIS COUPON PLUS 8¢ FOR HANDLING. Any other use may constitute FRAUD. Proof of purchase must be submitted upon request. This coupon is void if taxed, licensed, restricted or wherever prohibited by law. Consumer must pay sales tax. OFFER LIMITED TO ONE COUPON PER CUSTOMER. Send to: SERVAAS LABORATORIES, INC., P.O. Box 880739, El Paso, TX 88588-0739.

71618 11025 7

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

RING in the HOLIDAYS with FAMILY FUN!

Imagine . . . sitting by the fireplace or gathering around the tree on Christmas Eve playing 'TIS THE SEASON CHRISTMAS TRIVIA. The Christmas theme allows grandparents, adults, children, and friends to test their yuletide knowledge. Everyone Gets To Play!

How much do you know about Rudolph the Red-Nosed Reindeer, Frosty, It's a Wonderful Life, "White Christmas," Miracle on 34th Street, the Grinch, "Silent Night," Scrooge, and The Nutcracker?

Exciting categories include Movies, Carols, TV and Animations, Traditions, History, and Literature and the Arts. The game can be played without a board or with other popular trivia gameboards.

For Christmas Delivery Order By December 15 **NOW ONLY $19.95**

CALL TOLL-FREE 1-800-222 XMAS Ext. 77

Send your name, address, and $19.95 for each game and add $3.00 for shipping no matter how many games requested. IL State res. add 6¼ sales tax. (Check or money order only)

Mail To: ANTON's, Dept.77, P.O. Box 606 Downers Grove, IL 60516

Money Back Guarantee

packs a week. However, about 40 years ago, I realized that this was not the way to go. I could not smell the tasty food I was eating, my hair and clothes smelled, and my draperies and

Ginger Rogers was forced to smoke. She never drank.

furniture had an odor and a yellow cloud about them. *This isn't right*, I told myself. *I've got to stop this disgusting habit.* I decided the only way I was going to stop was to pray for help. So I prayed to God, and my prayer was answered. I quit overnight.

So you see, a lot of people started smoking because of what they saw in the movies, even those of us in the movies. But some of us had the good sense to make the right personal choice to stop smoking. Unfortunately, Mr. Baird had only himself to blame, and should accept the fact that he made the choice to smoke—not I.

Ginger Rogers
Medford, Oregon

P.S.: It was in *Young Man of Manhattan* that I said the line, "Cigarette me, big boy!" not *Kitty Foyle*.

P.P.S.: I should also like to take issue with the caption under my photo with Fred Astaire that intimates I ". . . danced and drank until dawn . . . ." I have never had a drink in my private life and resent the implication that I did.

Guillain-Barré Foundation

The article "Mommy Why Don't You Hug Me?" in the May/June and July/August issues about the Guillain-Barré patient was very interesting.

Your readers may like to know there is an international foundation that provides support, education, and research. The name and address is: Guillain-Barré Syndrome International Foundation, P.O. Box 262, Wynnewood, PA 19096.

Ellen Milles
Seattle, Washington

Back with the *Post*

I was recently reintroduced to your journal after a hiatus of many years, and enjoyed it as much today as I did way back when. In 1933, I was in competition with my brother. He was a carrier for another magazine, *Liberty*. I was a carrier for yours. I dreamed about winning a "wheel," as we called a bike in those days, or at the very least one of your other sales prizes, a three-color flashlight. Alas, while my brother won several (such as a pair of lumberjack boots with pockets and all sorts of doodads on them), I didn't even get an honorable mention. Very possibly this was because instead of trudging 'round from door to door with *The Saturday Evening Post*, I used to spend many happy hours scrunched down behind a bush reading the darned thing!

Long after going to England and joining the British Army, I managed to continue my devouring of the *Post*—in fact, until I went up on the Western (Libyan) Desert in the very earliest days of the Second World War. At that time, there was no paper for much more elemental necessity, far less to read. So I regretfully lost contact with you. Reestablishing that contact brings back many happy memories!

Bruce H. Knapp
Peterborough, Ontario

No Rush to Cancel

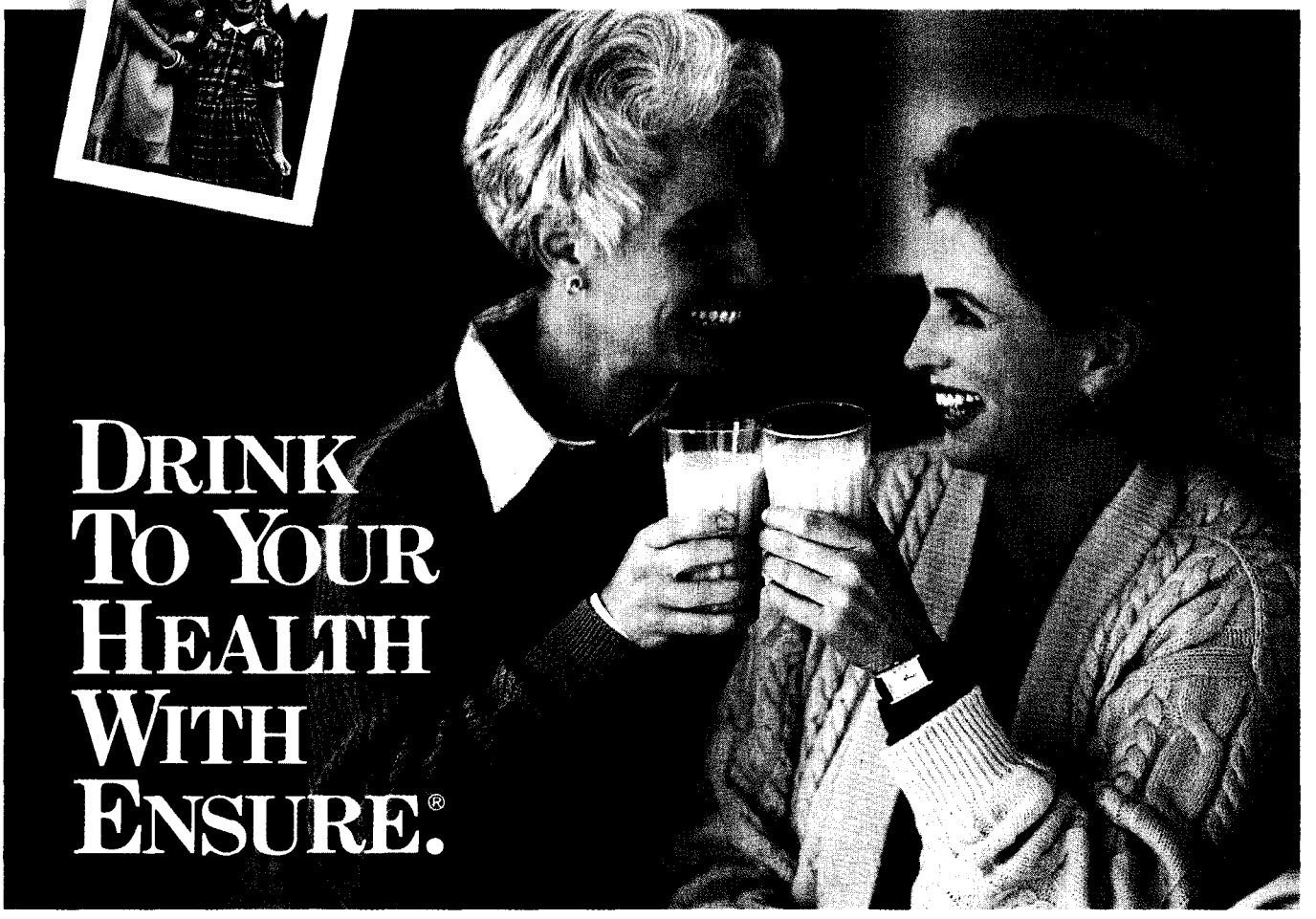
I was highly amused by a letter in your July/August issue. It was from a typical knee-jerk liberal from North Carolina, who stated she was cancelling her subscription because you dared to print an article about Rush Limbaugh.

Well, you win some—lose some. My wife and I are new subscribers to your magazine *because* of the Limbaugh article. We were sitting in a doctor's waiting room a few weeks ago and happened to pick up a copy of the *Post* when we saw the Rush article. We were sold.

We are confident that your audience

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"When I was a kid my mom was always after me to eat right...now I'm the one who's after her."



The #1 Doctor Recommended Source of Nutrition.

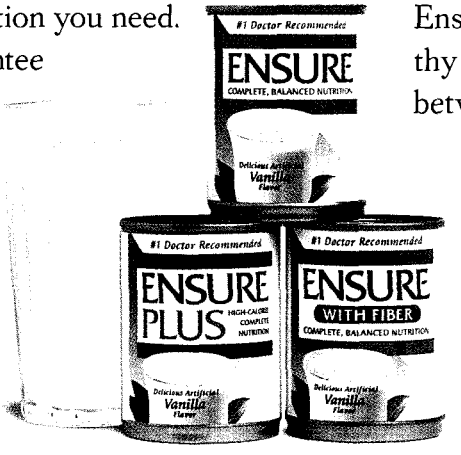
Most doctors will tell you that a key to good health is good nutrition. But even if you've taken steps to improve your diet by eating more lean meats, fruits and vegetables, you still may not be getting the balanced nutrition you need.

So how can you help guarantee that you and the ones you love get the right nutrition?

With Ensure.

Ensure is more than a vitamin supplement. It's complete, balanced nutrition in a delicious ready-to-serve drink that provides an excellent balance of protein, carbohydrate, vitamins and minerals. It's all the nutrition you need everyday to help stay healthy, be energetic and more active. Drink Ensure anytime. Enjoy it as a healthy meal by itself or as a healthy between-meal snack. Ensure is even recommended #1 by doctors as a complete source of nutrition.

So make sure you and the ones you love get the right nutrition. Drink Ensure and drink to your health.



Available in 6 Delicious Flavors.

© 1993 Ross Laboratories

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"THE AIRFLOW™"– A LIGHTER, COOLER WAY TO FIGHT SKIN CANCER

- **New** version of "Andrew's Sun Hat" that **Dermatologists Have Recommended** for 5 years.
- With the **Mesh Sides** you asked for to maximize ventilation.
- Wider brim **All** around. 2¾" min. vs 1" on most bucket hats.
- **No Exposure At The Temple,** plenty of shade for the side of face and back of neck.
- 4" reinforced front brim with green underside to **Fight Glare.**
- Poly/cotton solid top and brim with mesh sides equals **Cool** and absorbent. **Lightweight.**
- **Great Looking.** Traditional look with enough flare to provide **Excellent Protection.**
- **One Size Fits Most.** Medium through X-Large or 7 to 7⅝.

Color: Chalk White trimmed with traditional red club band.
Price: $21 + $4.25 shipping per order.

Call (615) 886-5189 with MC or Visa 9 am-5 pm M-F
Or Send Check or Money Order to:

Andrew Thompson Co.
843 Arden Way, Dept. P-2
Signal Mountain, TN 37377

FINE GOODS Andrew Thompson Co. of Chattanooga

Your Satisfaction Guaranteed Or Your Money Back

Limbaugh brings avalanche of mail: Some love him, some hate him.

can be nothing but improved by the addition of Limbaugh fans.

Darrell D. Million
Oak Ridge, Tennessee

You may have lost Marie D. Payne of Kernesville, North Carolina, as a subscriber, but you gained another one and perhaps many more like me.

I spotted your May/June issue in the waiting room of my doctor's office and read with great interest the story on Rush Limbaugh. He is the only reputable radio and TV host who tells the truth and keeps us informed.

I immediately subscribed to your wonderful magazine and enjoyed reading every article from the copy I picked up at a newsstand. My only regret is that I wasted so many years of not reading your wonderful magazine.

Al Wesley
Stuart, Florida

No Respect for Elders

Concerning the article on page 94 of the Sept./Oct. '93 issue of the *Post* about Clinton's choice of Joycelyn Elders for Surgeon General—what a disgrace to say anything good about her. Why don't you check out the backgrounds of these people and tell the truth about them. Shame on you!

Donald Gottschall
Highland, Wisconsin

Opposing Opinions

I am so sick of smokers getting the blame for everything but the Gulf War! I am responding to "Speaking Out" by Dr. John Pittman. How dare anyone blame only smokers for the high cost of health care and insurance! What about fat people? Are they going to be taxed more than the thin at the checkout counter? I am sure overweight, sedentary people rack up much more than their share of health cost.

What about alcohol and drug users? I am sure their addiction-related illnesses cost us many, many dollars to treat, not to mention the cost of human misery they cause committing crimes in order to support their habit. Let's start "Speaking Out" about the real and serious issues in our society and leave the poor, hapless smoker—alone, he's the least of our worries.

By the way, has anyone tallied the cost of treatment for gunshot wounds yet? Maybe taxing ammo like you would like to do with cigarettes would help to reduce this outrageously easy accessibility to weapons and ammo.

Darlene Michalak
West Chicago, Illinois

"There—now you can hang everything *on doorknobs!"*

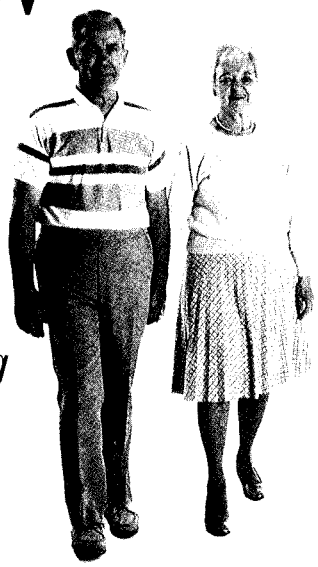
Dr. John N. Pittman's monograph, "A Cigarette Tax That Would Benefit Smokers Only," was both anomalistic and discerning. The recommended medical benefit tax on cigarettes to furnish care for smokers with tobacco-related diseases seems warrantable.

The united moralizing of pulpit, press, and medical community has yet to dissuade millions of Americans from their unhealthy cigarette habit. Maybe this proposed tack, obliging

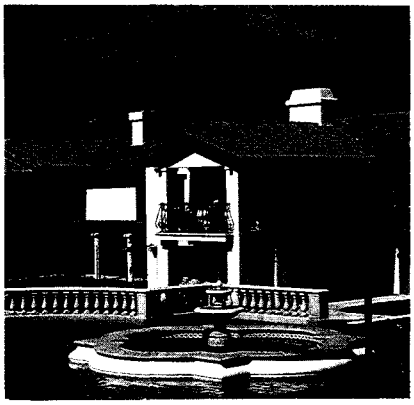
LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

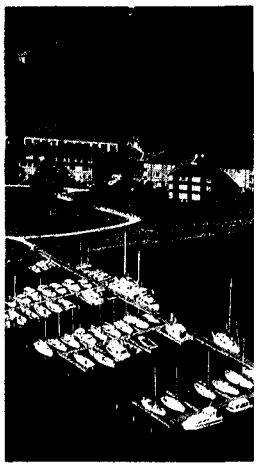
At our beautiful locations throughout the country...

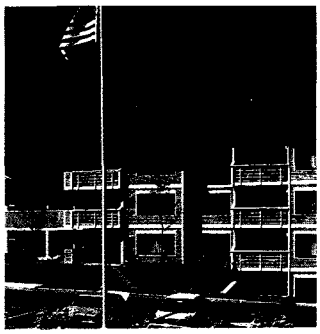
Your new retirement life is waiting



with the active lifestyle you want now and the loving care you may need later.







A full, rich, active life can now be yours at a Covenant Continuing Care Retirement Community. Beautiful apartments, and grounds, caring staff and more...fellowship, friendship, companionship and loving care later if you need it, are here. Owned by the Evangelical Covenant Church and ideally located in six states, our not-for-profit retirement communities reflect our 100 year tradition of caring and financial stability ... strengths rarely found elsewhere. Here your retirement years will be rich, rewarding and independent ... with personal freedom to pursue any interest or activity you desire. And you'll share those retirement years with others who have your interests, faith and heritage in a beautiful environment of meaningful Christian fellowship ... with the added assurance, if care is ever needed it is close at hand. To obtain information on the community in the area of your choice please fill out and mail the coupon or call our toll free number.

Covenant Retirement Communities®

5115 NORTH FRANCISCO AVE., SUITE 200, CHICAGO, IL 60625

CALL TOLL FREE 800-255-8989 EXT. 1400

PLEASE SEND INFORMATION ABOUT COVENANT RETIREMENT COMMUNITIES IN...

- ☐ CHICAGO, IL
- ☐ NORTHBROOK, IL
- ☐ BATAVIA, IL
- ☐ FT. LAUDERDALE, FL
- ☐ CROMWELL, CT
- ☐ MINNEAPOLIS, MN
- ☐ SEATTLE, WA
- ☐ TURLOCK, CA
- ☐ SAN DIEGO, CA
- ☐ SANTA BARBARA, CA
- ☐ Future site in COLORADO

NAME _____

ADDRESS _____

CITY _____ STATE _____

ZIP _____ PHONE _____

SEP–1293

A MEMBER OF THE AMERICAN ASSOCIATION OF HOMES FOR THE AGING, WASHINGTON, DC

Covenant Retirement Communities, Inc., is affiliated with The Board of Benevolence of the Evangelical Covenant Church, 5145 North California Ave., Chicago, IL 60625

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Advertisement

Hearing Loss Is Not A Sign Of Old Age.

Chicago, Ill.—A free offer of special interest to those who hear but do not understand words has been announced by Beltone. A non-operating model of the most popular canal hearing aid in America today will be given absolutely free to anyone who sends for this free model now.

Send for this model, it will show you how tiny hearing help can be. It is not a real hearing aid and it's yours to keep free. The actual aid weighs less than an eighth of an ounce, and it fits completely into the ear canal.

These models are free, so we suggest you write for yours now. Again, we repeat, there is no cost, and certainly no obligation. All hearing problems are not alike and some cannot be helped by a hearing aid but many can. So, send for your free model now. Thousands have already been mailed, so be sure to send your name, address and phone number today to Department 24483, Beltone Electronics, 4201 West Victoria Street, Chicago, Illinois 60646.

In California, your local authorized Beltone dispenser may call.

©1993, Beltone Electronics Corporation

smokers to pay for the results of their behavior, is no more than simple justice to nonsmoking citizens and taxpayers.

Essayist Charles Lamb (1775-1834), in "A Farewell to Tobacco," took a quaintly outmoded, humorous tone: "For I hate, yet love thee so, that whatever thing I show, the plain truth will seem to be a constrained hyperbole, and the passion to proceed more from a mistress than a weed . . . ."

William Dauenhauer
Wickliffe, Ohio

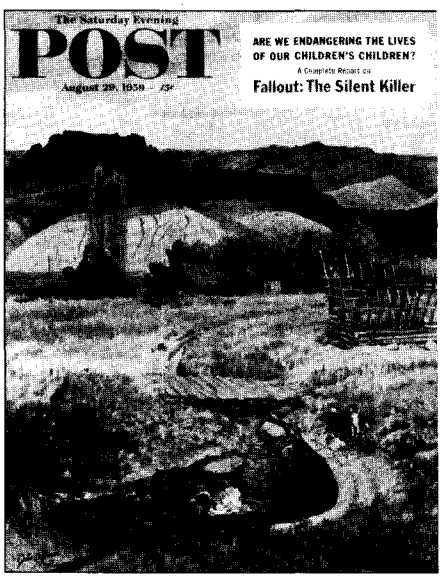
Memories of John Clymer

The May/June '93 issue of *The Saturday Evening Post* is a delight (most are)! The section on John Clymer and his art is great.

The August 29, 1959, issue of *The Saturday Evening Post* has an interesting picture, done by John Clymer.

At that time we were living in Kansas. The picture on that magazine cover fascinated me, for I was a homesick, transplanted Oregonian. I recognized the location of the painting and wrote to your editor to ask whether anyone would verify the location for me.

I never did get an answer from the *Post,* but on October 30, 1959, I had a letter from Mr. Clymer telling me


The Saturday Evening
POST
August 29, 1959
ARE WE ENDANGERING THE LIVES OF OUR CHILDREN'S CHILDREN?
A Complete Report on
Fallout: The Silent Killer

that *The Saturday Evening Post* had forwarded my letter to him, and he wrote me a personal letter telling me where and when that *Post* cover was painted. It was the exact place I had recognized from having been past there many times.

It was such a thoughtful thing for him to write me a letter telling me the location was Burnt River Valley and old Highway 30!

I have that *Post* cover and his personally written and signed letter. Thanks again for the article and pictures in the current issue.

Helen J. Young
Milton-Freewater, Oregon

Colo-Fresh Breath

One of your correspondents in the Sept./Oct. '93 issue of *The Saturday Evening Post* wrote that she had ordered Colo-Fresh for bad breath. Please send me the necessary information. We need it desperately.

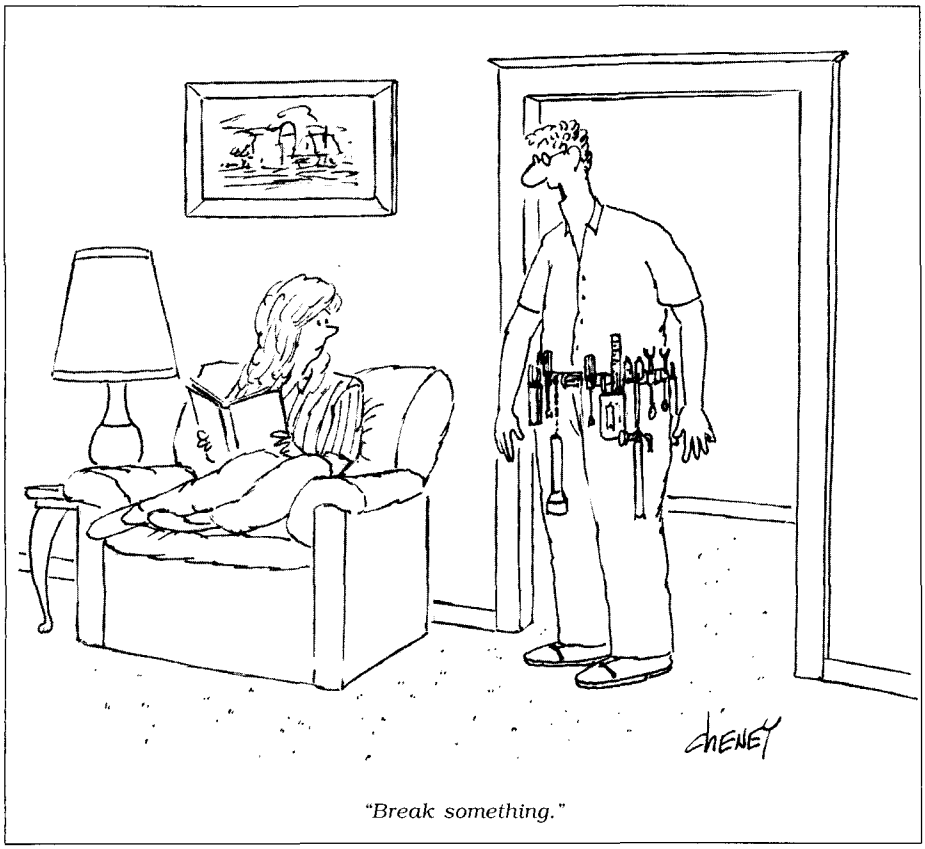
Ruth E. Miller
Baltimore, Maryland

Editor's note: Write to The American Foundation for Preventive Medicine, P.O. Box 1144, Indianapolis, IN 46206-1144 or call 1-800-433-5818.

Unrealistic Timetable

I read your article on the PSA test and the importance of early detection in the May/June '93 issue. On page 14, the paragraph reads:

"Kavensky made an appointment for the biopsy. The doctor called the next day, Kavensky remembers. 'The doctor told me that it was a tumor and that it was malignant. He said the next step was to get a bone scan and a pel-



"Break something."

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

vic CAT scan to find out if the cancer had metastasized. He was able to schedule both the next day. We had a meeting with him that evening in his office to discuss the results. This was a pretty nerve-racking time for us.' "

Let me tell you about my schedule. On July 2, 1991, I had blood drawn for the PSA test. It came back with a reading of 14. Biopsies were in order. On Aug. 2, I was told that the prostate tissue "irregularities" were benign—check back in about six months.

We were planning an extensive trip, so I checked back on Dec. 5. Another PSA test was taken. On Dec. 16 (11 days later), my doctor told me that the PSA reading was 17. Another biopsy was in order. This time the biopsy found cancer cells. A CAT scan was ordered and took place on Dec. 20. I had a bone scan Dec. 24.

On Dec. 28, I had an interview with my doctor's partner. He was evasive and told me that any options regarding treatment would have to be made by my doctor. It was a worthless interview.

I got an appointment with my doctor on Jan. 9, 1992. I was told that my bone scan showed clear. The bone scan is very accurate. The CAT scan shows clear, but is only about 70 percent accurate. We have had a lymph enlarged and proved to be benign and, conversely, have had a normal-appearing lymph prove to be malignant. Biopsies would be taken at the time of surgery (we elected for a radical prostatectomy). Surgery was scheduled for Jan. 27, 1992. I was told, following surgery, that those tests proved benign—the cancer appeared to be restricted to the prostate.

I was told on Jan. 31 that the periphery of the tissue removed was benign—it appears that we got it all. I was discharged from the hospital on Feb. 1, 1992. I go back for tests on a six-month basis for the time being.

I think you will agree that my resolution schedule was somewhat slower than Mr. Kavensky's. His period of definition was three days. Mine was 58 days. If his was "nerve-racking," you can imagine what my sentiments were.

How many cases did you analyze before going to press? Did you only select the most optimistic cases to encourage more testing? It was an encouraging report.

William S. Vivatson
Marysville, Washington

Celebrate America with the classic songs of RODGERS & HAMMERSTEIN

Not Available in Stores

For generations their sweeping melodies and inspired lyrics have delighted Americans of all ages. Now the Columbia House Music Collection has brought together 82 of Rogers and Hammerstein's best songs on "The Great American Composers: Rogers & Hammerstein." It's over 4-1/2 hours of classic performances that have been digitally remastered to Sony Music Entertainment's demanding standards to sound better than ever. Available on 4 CDs or Cassettes, this spectacular collection also comes with a FREE 32-page illustrated Program Guide that will bring you valuable insights about Rodgers and Hammerstein, their extraordinary music and the legendary artists who have brought their songs to life.

See the coupon for details, and send for your RISK-FREE audition TODAY!

◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆

HERE ARE SOME OF THE FABULOUS SELECTIONS YOU'LL HEAR:

The Sound Of Music, Mary Martin • **Oh, What A Beautiful Mornin',** Nelson Eddy • **A Wonderful Guy,** Mary Martin • **Hello, Young Lovers,** Rosemary Clooney • **It Might As Well Be Spring,** Sarah Vaughan • **Some Enchanted Evening,** Ezio Pinza • **Many A New Day,** Virginia Haskins • **My Girl Back Home,** Mary Martin • **The Gentleman Is A Dope,** Dinah Shore • **The Surrey With The Fringe On Top,** Nelson Eddy, Portia Nelson, Virginia Haskins • **Something Wonderful,** Doris Day • **This Was Nearly Mine,** Ezio Pinza • **Loneliness Of Evening,** Mary Martin • **People Will Say We're In Love,** Virginia Haskins, Nelson Eddy • **I Enjoy Being A Girl,** Pat Suzuki • **What's The Use Of Wond'rin',** Doris Day • **Do I Love You Because You're Beautiful?,** Vic Damone • **In My Own Little Corner,** Julie Andrews • **Shall We Dance?,** Barbara Cook, Theodore Bikel • **My Favorite Things,** Tony Bennett • **Do Re Mi,** Mary Martin • **Out Of My Dreams,** Florence Henderson • **If I Loved You,** Jerry Vale • **I Have Dreamed,** Daniel Ferro & Jeanette Scovotti • **Love Look Away,** Tony Bennett • **Younger Than Springtime,** Mandy Patinkin • **I Whistle A Happy Tune,** Barbara Cook • **A Cockeyed Optimist,** Florence Henderson • **Sixteen Going On Seventeen,** Brian Davies, Lauri Peters • **Happy Talk,** Sarah Vaughan • **Getting To Know You,** Barbara Cook • **I'm Gonna Wash That Man Right Outa My Hair,** Florence Henderson • **Oklahoma,** John Raitt, Florence Henderson • **Two By Two,** Danny Kaye • **Carousel Waltz,** The New York Philharmonic, Richard Rodgers cond. • **The Lonely Goatherd,** Mary Martin • **Take The Moment,** Tony Bennett • **The Sweetest Sounds,** Andy Williams • **Do I Hear A Waltz?,** Elizabeth Allen • **I Do Not Know A Day I Didn't Love You,** Tony Bennett • **It's A Grand Night For Singing,** Sherrill Milnes, Mormon Tabernacle Choir • **When I Grow Too Old To Dream,** Doris Day • **Ol' Man River,** William Warfield • **Climb Ev'ry Mountain,** Richard Tucker • **You'll Never Walk Alone,** Mahalia Jackson • **A Fellow Needs A Girl,** Julie Andrews • **Edelweiss,** Theodore Bikel, Mary Martin • **And 35 more!**

Mail to: Columbia House Music Collection
Dept. ALJ, P.O. Box 1134, Terre Haute, IN 47811

❑ **YES!** Send me the Rodgers and Hammerstein collection of 82 of their classic songs to examine for 14 days risk-free, PLUS my FREE Program Guide. I have included $12.47 as my first installment for 4 CDs, or $9.95 for 4 cassettes, plus $5.95 shipping and handling. If I am not delighted I may return the set within 14 days for a full refund or credit. If I keep the set I will pay three more monthly installments of $12.47 for the CDs or $9.95 for cassettes. The Program Guide is mine to keep FREE no matter what I decide. 460071

Please send my recordings in (choose one): ❑ Compact Discs ❑ Cassettes AE5 AE6 AE7 AE8
❑ My check , payable to Columbia House, is enclosed
Bill to my: ❑ MasterCard ❑ Visa ❑ American Express

Acct. No. _____ Exp.Date_____

Name_____ Signature_____

Address_____

City_____ State_____ Zip_____

For fastest service call toll-free 1-800-767-4400 and charge to your credit card.

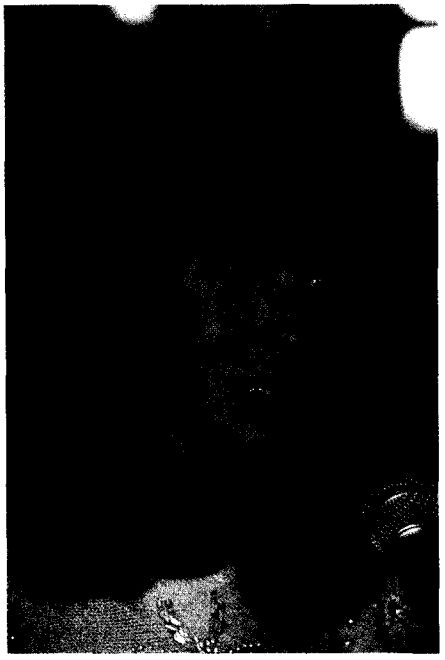
Note: We reserve the right to reject any application. Applicable sales tax will be added to first installment. Please allow 6-8 weeks for delivery.

COLUMBIA HOUSE MUSIC COLLECTION

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Post People

Where do you look for a "fallen angel?" If it's ***Jaclyn Smith***, 45, perhaps best known as one of "Charlie's Angels" (which fell from the tube in 1981), you might try the kitchen of her recently purchased $4.5 million Georgian-style mansion, where she enjoys flipping pancakes for son Gastin Anthony, 11, and daughter Spencer Margaret, 7.



On the other hand, you might find her with a group of buyers for her burgeoning Kmart line, which now includes watches, earrings, scarves, lingerie, pantyhose, and sportswear.

Then again, she could very well be at a studio, shooting a commercial. And don't forget to check the movie lots; she starred in three movies-for-television last year alone.

Just don't bother looking for Jaclyn Smith in the Hollywood hot spots. "When you're here doing it right, as a mother," she says, "you don't have that much energy to go out at night."

During the seven decades of his career, ***Bob Hope*** is said to have been seen by more people than any other entertainer in history. He has been in more than 500 television shows and 70 movies. GIs from World War II to the Persian Gulf still salute the showbiz ambassador for providing one bright moment in the gloom and (often) doom of war.

A three-hour birthday special on NBC ("Bob Hope: The First 90 Years") and a Senate resolution declaring Robert Townes Hope "a part of American folklore" are but two on the long list when this kid from a working-class London suburb offers his "thanks for the memories."

After 21 years of hearing announcer Rod Roddy exclaim, ". . . and now the star of 'The Price is Right' . . . ***Bob Barker***!" one might think that the 69-year-old star would be ready to hang up the mike and call it a career.

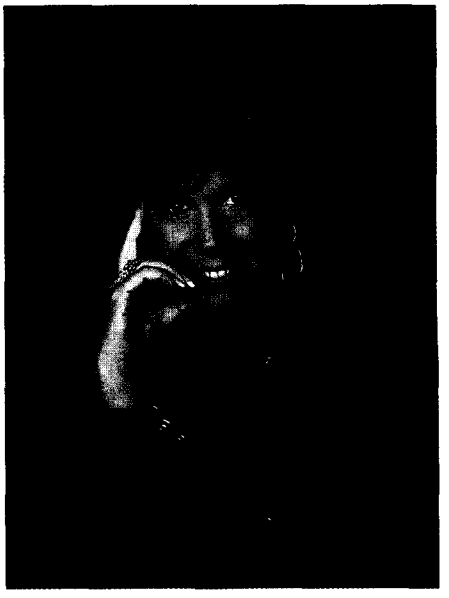
"I haven't any plans for retiring," says this popular TV game show host. "I think I will do 'The Price is Right' as long as I want to work."

A former Navy fighter pilot, radio sports announcer, disc jockey, and host of the game show "Truth or Consequences" from 1956 to 1974, Barker today directs his off-show time toward charitable organizations (Society to Prevent Blindness, the American Lung Association, antidrug campaigns) and underprivileged animals.

"I will be working to protect animals as long as there's a breath in my body," says this handsome, silver-haired champion of the Fido set.

To see an appealing dog up for adoption on the show isn't unusual. Unusual would be to leave his audience and viewers without the sign-off: "This is Bob Barker reminding you to help control the pet population; have your pet spayed or neutered."

After playing a mama character on "The Carol Burnett Show" and the long-running "Mama's Family," ***Vicki Lawrence***, 43, continues to make her opinions known on the nationally syndicated, daytime talk/entertainment series, "Vicki." As a wife, mother, and working woman, her concerns center mainly on social and political issues affecting families and individuals.



"Rather than the endless parade of freaks, felons, and philanderers who have populated daytime programming," comments this talented dancer, singer, and stage performer, "we tackle issues looking for positive solutions while never losing touch with our sense of humor."

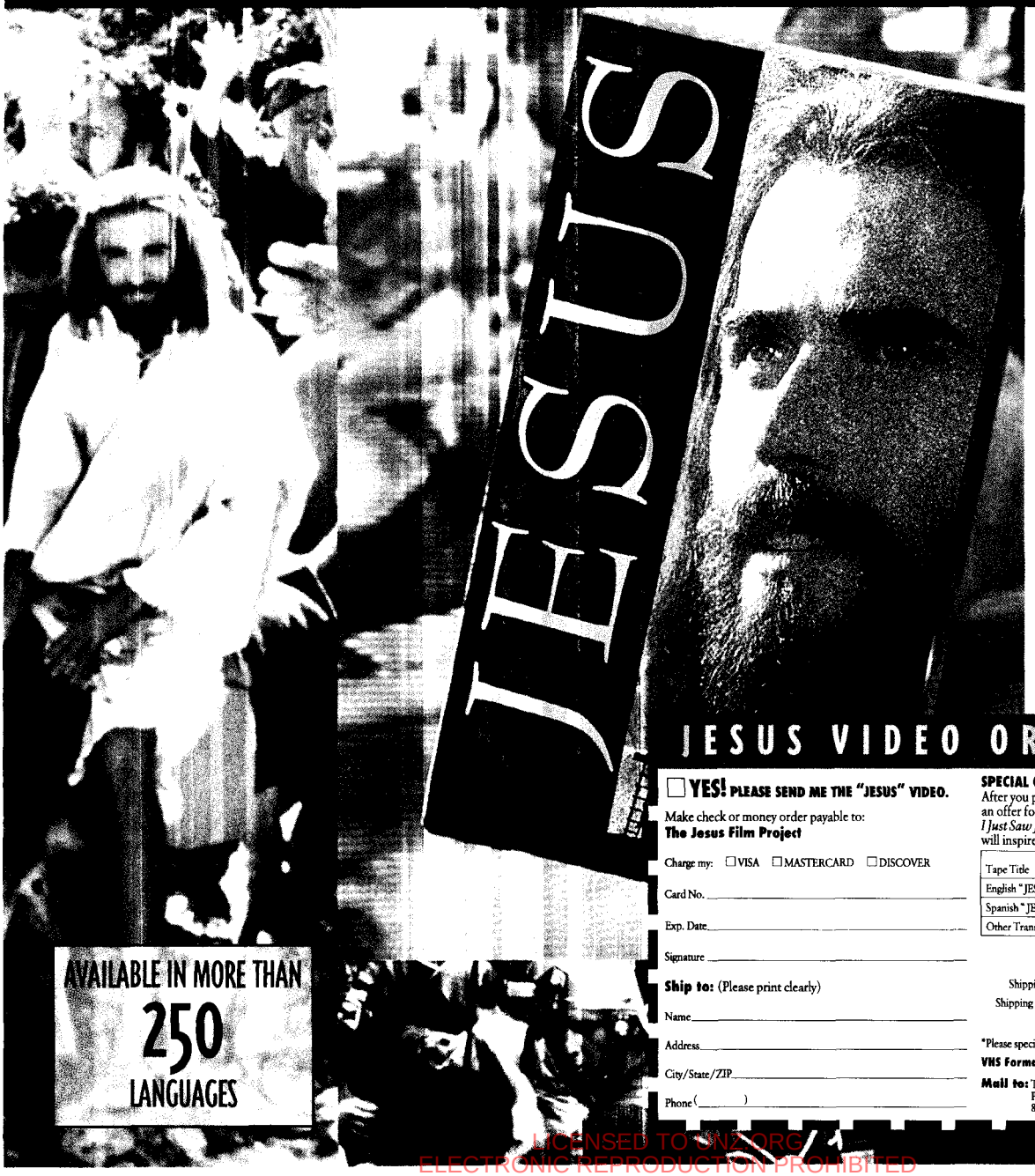
After a career spanning more than two decades, Lawrence doesn't fret about time's ravages. For seven of those years, she was camouflaged by a Brillo-pad wig and a lumpy fat suit. "When people see me in person, they think I look great," she says. "It's wonderful!"

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Listen to the inspiring words of *JESUS*, and share with others the most remarkable film ever made about His life.

Award-winning producer John Heyman spent five years developing *JESUS*. You'll feel like you're in first century Palestine with the Savior. Filmed on location in Israel, *JESUS* was made with painstaking effort to ensure historical and biblical accuracy. Virtually every word spoken by Christ in this two-hour feature film is taken directly from the Gospel of Luke.

THE MOST REALISTIC FILM EVER MADE ABOUT JESUS



With *JESUS*, you'll gain insights into His Word and your faith will be encouraged. Watch the stories and miracles of His life with your children, friends and Bible study group.

Now available in more than 200 languages, *JESUS* is reaching every corner of the world. Order *JESUS* today in English, Spanish or a variety of translations including: *Arabic · Bulgarian · Croatian · French · Japanese · Korean · Mandarin Chinese · Portuguese · Romanian · Russian · Tamil · Vietnamese.* Call

1·800·432·1997

JESUS will change your life!

JESUS FILM PROJECT

The *JESUS* Film Project
A Ministry of Campus Crusade for Christ
P.O. Box 7690
Laguna Niguel · CA · 92607

AVAILABLE IN MORE THAN **250** LANGUAGES

JESUS VIDEO ORDER FORM

☐ **YES! PLEASE SEND ME THE "JESUS" VIDEO.**

Make check or money order payable to:
The Jesus Film Project

Charge my: ☐ VISA ☐ MASTERCARD ☐ DISCOVER

Card No. _____

Exp. Date _____

Signature _____

Ship to: (Please print clearly)

Name _____

Address _____

City/State/ZIP _____

Phone (____) _____

SPECIAL OFFER
After you purchase your "JESUS" video you will receive an offer for a free copy of Paul Eshleman's book, entitled *I Just Saw JESUS*. Filled with exciting stories, this book will inspire and encourage you!

Tape Title	Unit Price	Qty.	Total Amount
English "JESUS" VHS video	$29.95		
Spanish "JESUS" VHS video	$29.95		
Other Translation*	$39.95		
		Subtotal	
		Calif. shipments add 7.75% sales tax	
		Shipping & handling for one video tape $4.50	
		Shipping & handling each additional video $1.00	
		TOTAL due	

*Please specify if ordering other translation: _____

VHS Format: ☐ North American (VHS) ☐ European (PAL)

Mail to: The JESUS Film Project
PO Box 7690 · Laguna Niguel · CA · 92607
800·432·1997

800 SA

LICENSED TO LDNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

A DANGEROUS GAME

"Language is precious, not to be wasted. The simple idea is to get thoughts out of one mind and into another."

by Wen Smith

Illustrated by Don Trawin

"Do you feel like strawberries?" My wife's question came near the end of a superb meal, so I understood, despite its cryptic form. She wasn't asking me to guess how strawberries feel.

It set me thinking how much she and I say to each other without saying it. When an idea is clear, why clutter it up with words? By leaving out *having* (after *like*) and *for dessert* (after *strawberries*), she had made five words do the work of eight.

"You bet," I said.

I was proud of myself. I had squeezed into two words the meaning of 12: "You can safely bet that I feel like having strawberries for dessert."

"Whipped cream?" she asked. I knew she meant: "Do you want" and "with your strawberries." She had saved six words.

"Sure," I said.

While she whipped the cream, I counted the words I had saved. If *sure* meant "I'm sure that I want whipped cream with my strawberries," the ratio was one for ten. On the other hand, if *sure* meant *surely*, as in "I surely do want whipped cream with my strawberries," then I had crammed a nine-word meaning into just two-thirds of a word.

Language is precious, not to be wasted. The simple idea is to get thoughts out of one mind and into another. If you can do that with a word or two, why use more? Economy of expression is a laudable thing, and I swelled with pride of achievement.

Then my balloon sprang a leak. I was taking all the credit for word saving when it was really my wife who had made it possible. My "you bet" and "sure" would have been meaningless without her questions to lean on. The real economy had been hers.

I saved a lot of words by not mentioning this to my wife.

My mouth watered with the memory of strawberries past. I called to the kitchen, "I guess I love strawberries even more than you."

That remark was no sooner out than I regretted leaving off the *do*—"more than you *do*." Clearly there are limits to word saving. The words you leave out may not be the ones your listener puts back in, and the difference may be that of fire and ice. It's a dangerous game.

Fortunately, with the blender whirring, she hadn't heard me, and I gave silent thanks. The missing *do* might have soured the berries and curdled the cream.

My wife turned off the machine. She came to the kitchen door and said, "I think this blender needs fixing."

"I will tomorrow," I said, saving some words.

"Why will you need fixing?"

"I mean, I'll fix the blender in the morning."

Do Senate hearings and summit talks break down because of words left out, ideas assumed understood but all the while mistaken? How many lawsuits hinge on words unspoken and misunderstood? The idea worried me for a moment. Then I remembered how unlikely it is that lawyers or politicians would leave any words out. They err in the other direction.

My wife came from the kitchen with a savory shortcake topped with strawberries and whipped cream. The shortcake was a surprise. She placed the dessert before me with a smile, saying not a word. I knew the shortcake, the smile, and the silence meant "I love you."

My wife is an eloquent word saver. How could I match her at it? I ate the strawberry shortcake and said, "Mmmmmmm," trying to make it meaningful. Would she understand the unspoken? Of course. But I decided not to press my luck.

"I love you," I said.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Sand, cat-hairs, dust and dust-mites... Nothing escapes the 8-lb. ORECK XL!

The favorite vacuum of over 50,000 hotels and more than 1 million professional and private users. Now you can use this powerful vac to clean your home better than ever before.

Great for allergy sufferers. The exclusive 5-Way Filtering System assures hypo-allergenic cleaning. There's never any after-dust to pollute the air in your home.

Its unique top-fill action carries the litter up through the handle and deposits it on the inside top of the bag. Yesterday's dirt can't seep out. And the steel-tube top-fill performance works without hoses to crack, leak or break... ever.

The ORECK seems to float across your floors. The easy-glide feature propels the vac forward. Cuts cleaning time in half.

The lightest full-size vac available. It weighs just 8 pounds. So stairs are a snap. It's super-powerful, with twice the cleaning power of most others. The fast, double helical brush revolves at 6,500 times a minute. Twice as fast as other commercial models.

ORECK's Helping Hand® handle orthopedically designed on the principles of ergonomics. To put it simply: no need to squeeze your hands or bend the wrist. A godsend for arthritics.

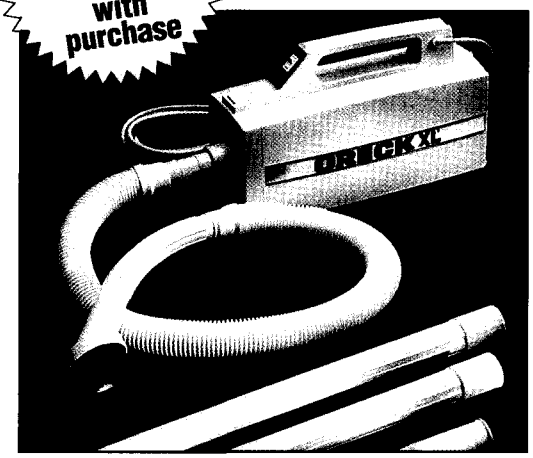
Exclusive New Microsweep® gets bare floors super clean, without any hoses, attachments or adjustments.

A full 3-year Guarantee on the extended life motor PLUS a 2-year limited warranty on the total unit... twice as long as most others.

What more could you ask? How about complete information FREE without cost or obligation... and a chance to use ORECK's finance plan with no interest and no finance charge... PLUS An opportunity to get a brand new world famous ORECK Super Compact Canister Vac FREE!

Made in USA.

FREE with purchase



Super Compact Canister Vac

The 4-lb. dynamo you've seen on TV. The motor's so powerful it lifts a 16-lb. bowling ball! Hand-holdable and comfortable. Cleans under refrigerators... car seats... books... ceilings... even typewriter, computer and piano keys. With 8 accessories. Yours FREE when you purchase an ORECK XL upright. Offer limited, so act now.

CALL NOW TOLL-FREE 1-800-989-4200
Or fill in and mail coupon today. NO salesperson will visit.

ORECK CORPORATION 6800
100 Plantation Road, New Orleans, LA 70123

☐ **Yes!** I want to learn how the ORECK XL Hotel Vacuum can help me clean my home faster, easier and more effectively. Please send me your FREE information kit, without cost or obligation.

I understand I will receive absolutely FREE a Super Compact Canister, with the purchase of the ORECK XL Hotel Vacuum.

☐ Also include details of ORECK's Extended Payment Plan with No Interest or Finance Charge.

Name _____
(please print)

Address _____

City _____ State _____ Zip _____

Telephone(_____)_____
area code (optional)

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

What's a good Christma

The Saturday

An Ameri

Give the gift that keeps on giving!

A gift subscription to *The Saturday Evening Post* shows how much you care. When you order your gift subscription, we'll send—FREE—a nostalgic Christmas announcement card. The Christmas card is printed on heavy enameled paper. We mail this card to you so you can mail it to your loved ones when you say "Merry Christmas." The *Post* informs and entertains the whole family, with features on famous personalities and inspiring biographies of famous Americans whose lives exemplify the best in our country—plus health and disease prevention information, award winning humor, fiction, and tempting recipes. By ordering your bimonthly gift subscriptions now, you can take advantage of our special discount price. Your first gift (or your own subscription) is $13.97. Then, each additional gift, ordered at the same time, is only $11.97. Each new subscription will start with the January/February 1994 issue if the orders are received before December 1, 1993.

Make this the most beautiful Christmas ever. Order the *Post* today. Just fill out and return the card or coupon, and put any additional orders on a separate sheet.

Send America's finest Christmas gift to your loved ones. They'll appreciate your thoughtfulness with every issue they receive.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

gift these days? How about...

Evening Post

in Tradition

Do your Christmas shopping the easy way.

FREE
Christmas Gift Card

The Saturday Evening Post
P.O. Box 7075,
Red Oak, IA 51591-4075

Your name _____

Address _____ Apt. # _____

City _____ State _____ Zip _____

Do include my: ❑ New or ❑ Renewed subscription

❑ Payment enclosed ❑ Bill me later

Charge to: ❑ VISA ❑ MasterCard Exp. date: _____

Card number _____

Signature _____

Gift to: _____

Address _____ Apt. # _____

City _____ State _____ Zip _____

❑ New or ❑ Renewed subscription

Outside the U.S., add $5 postage. U.S. currency only.

LL03

© 1993 CPC

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

HEARTBEAT

The Healthy Heart Recipes

HOMEMADE GIFTS FROM THE KITCHEN

Be a health-giver this holiday season with delicious recipes from the famous Cooper Clinic.

by Patrick Perry

Norman Rockwell's illustration first appeared on the December 10, 1932, cover of The Saturday Evening Post.

No matter the occasion, people around the world celebrate holidays with special foods. In centuries past, sharing favorite recipes became a cherished tradition. It was common to return home and discover a basket of fresh fruits or vegetables, home-canned sauces and pickles, or freshly baked breads left on the doorstep by a friendly neighbor.

Gifts of food are gifts of life. Although today's consumers are wiser about diets, counting calories, and watching out for sodium and fat, they still value the flavor of things homemade. Fortunately, the nutritionists at the Cooper Clinic are looking out for both interests. *What's Cooking at the Cooper Clinic?* is a collection of the clinic's "best recipes for your best health," with a special chapter on recipe ideas for gift exchange during the holiday season.

Surprise friends and relatives with wholesome, heart-healthy gifts, such as Salt-Free Seasoning Blend, Bean Soup Mix, and the always welcome Banana Bread. The old-fashioned recipes are designed for modern schedules, so you can have the pleasure of giving homemade gifts from the kitchen without devoting hours to preparation.

♥ ♥ ♥

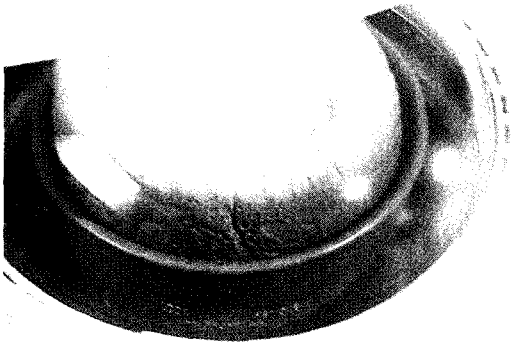
Banana Bread
(Makes 16 slices)

1 cup flour, sifted
½ cup whole-wheat flour, sifted
½ cup sugar
2 teaspoons baking powder
1 teaspoon baking soda
¼ teaspoon salt
1 teaspoon cinnamon

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Recipes & Coupons
A $40 value!

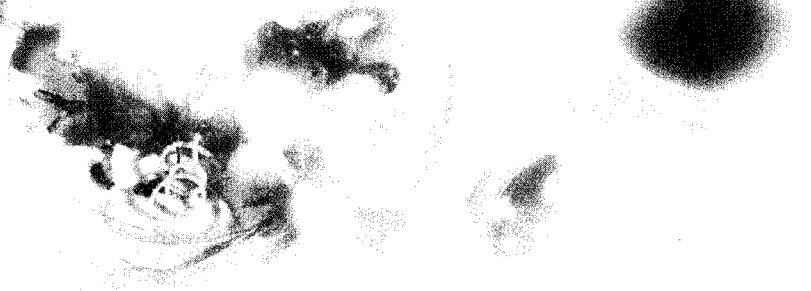
Free



RISE 'N SHINE
with
THE WELBILT® BREAD MACHINE & RED STAR® YEAST

Now's the time to give your morning a lift! Simply purchase any WELBILT® bread machine. Then send the machine's UPC code or serial number to us together with the certificate attached to this advertisement. You will then receive:

- ***A coupon-pak with over $20.00 in valuable offers from RED STAR® Yeast***
- ***An issue of the Rise 'N Shine Newsletter featuring helpful baking hints and easy recipes from the WELBILT® & RED STAR® Recipe Club***



Manufacturer's Coupon | Expires May 30, 1994

SAVE 25¢

On any RED STAR® Active Dry Yeast® or QUICK•RISE™ Yeast® product

90272425

5 34600 00025 7

To Grocer: RED STAR YEAST & PRODUCTS will pay the face value of this coupon plus 8¢ handling provided you and your customer have complied with the terms of the offer. Invoices showing purchases of sufficient stock to cover coupons presented must be shown upon request. Any other use constitutes fraud. Void where prohibited, taxed or otherwise restricted. Customer must pay any sales tax. Cash value 1/20 of 1¢. Coupon will not be honored if presented through outside agencies, brokers or other parties who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Mail to: RED STAR FOOD PRODUCTS, LEE'S DEPT. #1540, 11500 Rojas, El Paso, TX 79936.
To Consumer: This coupon is good only on the products indicated. Any other use constitutes fraud.

Please cut out this portion and send it together with any WELBILT® UPC code or serial number.

Name: _____

Address: _____

City: _____ *State:* _____ *Zip Code:* _____

Serial Number: _____

Mail to: Rise'N Shine, P.O. Box 578, Dept. SE, Mequon, WI 53092

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

HEARTBEAT

1 teaspoon allspice
½ cup wheat germ
3 ripe bananas, mashed
½ cup low-fat buttermilk
3 tablespoons vegetable oil
4 egg whites
Nonstick vegetable cooking spray

Stir together flours, sugar, baking powder, baking soda, salt, cinnamon, allspice, and wheat germ. Add remaining ingredients; stir until blended. Place in loaf pan sprayed with cooking spray and bake at 350° for about 1 hour or until done.

Per Serving (1 slice):
Calories: 125 Carbohydrate: 22 gm
Cholesterol: 0 mg Protein: 4 gm
Sodium: 156 mg Fat: 3 gm
Fiber: 1 gm

♥ ♥ ♥

Strawberry Vinegar
(Makes 16 servings)

2 cups frozen, unsweetened, sliced strawberries
1 cup white wine vinegar
2 teaspoons sugar

Combine strawberries and vinegar in bowl; cover and let stand at room temperature 24 hours, stirring occasionally. Remove strawberries. Stir in sugar and bring to boil in saucepan. Remove from heat and let cool.

Per serving (1 tablespoon):
Calories: 4 Carbohydrate: 2 gm
Cholesterol: 0 mg Protein: 0 gm
Sodium: 0 mg Fat: 0 gm
Fiber: 10 gm

♥ ♥ ♥

Spicy Cider Vinegar
(Makes 4 cups)

4 cups cider vinegar
¼ cup onion, chopped
½ teaspoon garlic, minced
½ teaspoon crushed red pepper
½ teaspoon coarsely ground pepper
Parsley sprigs (optional)

Place all ingredients in 1-quart jar; cover and shake vigorously. Set aside two weeks, shaking occasionally. Strain out seasonings; pour vinegar into bottles with tight-fitting covers. Add parsley sprig, if desired. Use in salad dressings and marinade for meat or fish.

Per serving (1 tablespoon):
Calories: 2 Carbohydrate: 1 gm
Cholesterol: 0 mg Protein: 0 gm
Sodium: 0 mg Fat: 0 gm
Fiber: 0 gm

"Seems strange to me, too, but Mom said, 'I'll give you 50 cents to take the garbage out.'"

♥ ♥ ♥

Tarragon Mustard
(Makes 16 servings)

¼ cup dry mustard
¼ cup warm water
¼ cup white wine
¼ cup red wine vinegar
1 tablespoon flour
1¾ teaspoon crushed tarragon leaves
1 teaspoon allspice

In small bowl, combine mustard and water; set aside 10 minutes to develop flavor. In small saucepan, combine wine, vinegar, flour, tarragon, allspice, and mustard mixture. Bring to boil, stirring constantly; cook and stir until thickened, about 2 minutes. Pour into small bowl; cover and refrigerate overnight. Beat vigorously with wire whisk until smooth. Spoon into container with tight-fitting lid; refrigerate. Label and decorate container. Use as salad dressing, vegetable dip, or seasoning for chicken or fish.

Per serving (1 tablespoon):
Calories: 14 Carbohydrate: 1 gm
Cholesterol: 0 mg Protein: 1 gm
Sodium: 0 mg Fat: 1 gm
Fiber: 0 gm

♥ ♥ ♥

Salt-Free Seasoning Blend
(Makes 50 servings)

¼ cup plus 2 tablespoons onion powder
1 tablespoon garlic powder
3 tablespoons poultry seasoning
3 tablespoons paprika
2 tablespoons dry mustard
2 teaspoons oregano
2 teaspoons pepper
1 teaspoon chili powder

Mix ingredients together; store in airtight container. Pour mixture into shaker and use on meat, poultry, and vegetables.

Per serving (1 teaspoon):
Calories: 7 Carbohydrate: 1 gm
Cholesterol: 0 mg Protein: 0 gm
Sodium: 1 mg Fat: 0 gm
Fiber: 0 gm

continued from page 85

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

he Jewish Messiah is most real! Giving Jewish presents to tell about Jesus is most appropriate. If you are holiday shopping this year, remember the reality of Christmas. Give your family and friends truly unique "apple-of-God's-eye" gifts. Shop at home with our Purple Pomegranate Productions* *Messianic Resource Catalog.*

nd one "messianic resource" that's a must is our set of unique "Jewish Surprise Christmas Cards." Jews for Jesus artists Pavel Bosak and Charles Jackson created these brilliant designs that combine the richness of traditional holiday themes with a Jewish flavor. The four-color illustrations are resplendent, the texts are thought provoking and each box of 20 (one design) is available for only $6.95. A set of three boxes (three different designs) costs just $17.95.

Important: Fill out and return the coupon below to receive our 24-page full-color *Messianic Resource Catalog.* The catalog costs $1 and that will be applied to your first order. (If you order your Jewish Christmas cards now, we'll send the catalog free.)

*Purple Pomegranate Productions is a wholly-owned subsidiary of Jews for Jesus.

GC001 Incarnation #_____ x $ 6.95 = $_____
GC002 His Star #_____ x $ 6.95 = $_____
GC003 Wonderful #_____ x $ 6.95 = $_____
SP023 3-Box Set #_____ x $17.95 = $_____
Catalog FREE
SUBTOTAL $_____
In California, add 7.25% sales tax $_____
Add 10% for shipping and handling $_____
TOTAL ENCLOSED $_____

(Please print)
Name:_____
Address:_____
City:_____ State:_____ Zip Code:_____

Full payment must accompany order.
Make check payable to:
Purple Pomegranate Productions
80 Page Street
San Francisco, CA 94102-5914

For rush orders call:
(415) 864-3900.
(credit card orders only)

❑ Enclosed is $1. I only want the catalog right now.

ADGC02

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

FOOD

DUCKLING FOR THE HOLIDAYS

Once you "duck" tradition, you may find yourself doing it every year.

by Ted Kreiter

Duck isn't what it used to be. This rare bird of the American dinner table, renowned for its rich flavor, was once considered too fatty and too difficult to prepare.

Not anymore. In the last 10 years, duck breeders have reduced the fat in duck by 20 percent. Minus the skin, duckling contains about 11.2 grams of fat per 3.5-ounce serving—a little more than turkey or chicken, but a lot less than pork or beef. Duck actually has less cholesterol and fewer calories than chicken and less sodium than turkey. For those still stuck with Thanksgiving's leftovers, duck is a welcome dining alternative for the Christmas holidays.

Commercially raised duckling is consistently mild-flavored and tender, unlike wild duck, which may have a gamey flavor. Ducklings, weighing from four to six pounds, are available frozen at most supermarkets. One duckling will serve three or four people.

Leftover duckling is no problem. Simply freeze it and use it later in salad.

Because of fat just beneath the skin, duckling can be very fatty if cooked incorrectly. Producers suggest slicing through the skin or puncturing it with a fork, allowing the fat to drain during roasting. Be careful not to cut into the meat, however, or flavorful juices may escape. After roasting, the skin may be removed.

For a traditional holiday meal, try Roast Duckling and Corn Bread Stuffing. Versatile duckling may even be substituted in your favorite chicken or turkey recipes. Having this rare bird on the menu can transform an ordinary meal into a special occasion.

Braised Duckling Leg Quarters Prepared in a Slow Cooker

Braised Duckling Leg Quarters Prepared in a Slow Cooker

(Makes 4 servings)

1 Maple Leaf Farms' duckling, quartered
1 can (10 oz.) low-salt beef broth or low-salt bouillon crystals and hot water
1 large onion, quartered
2 stalks celery, julienned large
3 carrots, julienned large
6 oz. mushrooms, halved
1 tomato, quartered
2 potatoes, quartered
Salt (if desired)
Pepper to taste, coarsely ground

Remove duckling tail fat and skin. Season both sides. Place in cooker.

Prepare vegetables and place in cooker with quarters.

Add broth to vegetables and quarters. Cover and cook 8 hours on medium heat. Meat should be fork-tender when done. Serve one quarter per person and divide vegetables.

Per Serving (1 quarter):
Calories: 356 Carbohydrate: 26.8 gm
Chol.: 102 mg Protein: 33.2 gm
Sodium: 120 mg Fat: 13.3 gm
Diabetic exchange: 1 bread + 2 vegetables + 3 medium fat meat

Chunky Duckling Salad

(Makes about 5 servings)

1 cup cooked duckling meat, cut into chunks
2 tablespoons low-salt chicken broth
½ cup chopped celery
¼ cup chopped sweet pickles
½ cup chopped sweet red onion
½ cup chopped water chestnuts
½ cup no-fat mayonnaise
2 tablespoons brown mustard
½ teaspoon horseradish

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

ALPINE CHALLENGER

39.95* MAIL ORDER

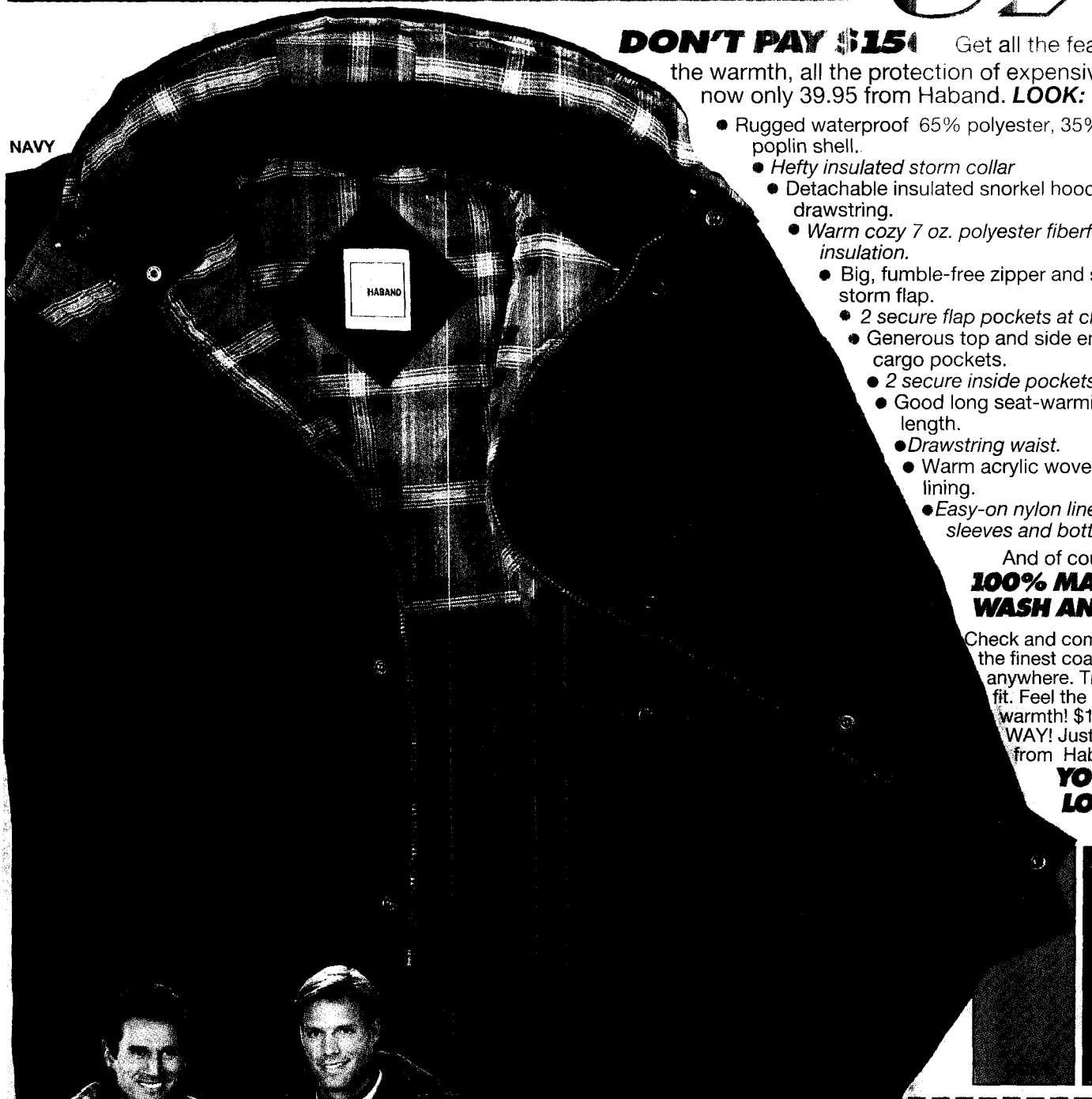
DON'T PAY $150 Get all the features, all the warmth, all the protection of expensive costs, now only 39.95 from Haband. ***LOOK:***

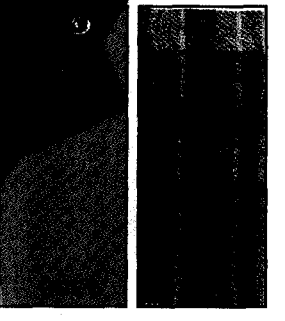
- Rugged waterproof 65% polyester, 35% cotton poplin shell.
- *Hefty insulated storm collar*
- Detachable insulated snorkel hood with drawstring.
- *Warm cozy 7 oz. polyester fiberfill body insulation.*
- Big, fumble-free zipper and snap storm flap.
- *2 secure flap pockets at chest.*
- Generous top and side entry cargo pockets.
- *2 secure inside pockets.*
- Good long seat-warming length.
- *Drawstring waist.*
- Warm acrylic woven plaid lining.
- *Easy-on nylon lined sleeves and bottom panel.*

And of course,

100% MACHINE WASH AND DRY!

Check and compare with the finest coats anywhere. Try on for fit. Feel the enveloping warmth! $150? NO WAY! Just 39.95 from Haband and ***YOU'LL LOVE IT!***





ALPINE CHALLENGER

39.95*

2 for 79.50
3 for 119.00
4 for 158.50

SIZES:
S(34-36) M(38-40) L(42-44)
XL(46-48)
*ADD $6 EACH 2XL(50-52)
3XL(54-56) 4XL(58-60)

7NJ 3F3		WHAT SIZE?	HOW MANY?
A	NAVY		
B	WINE		
C	FOREST		
D	GREY		

Haband One Hundred Fairview Avenue, Prospect Park, NJ 07530
Send ___ coats. I enclose $_____ purchase price plus $4.50 postage and handling.

☐Check Enclosed ☐Discover Card ☐Visa ☐MC EXP. ___/___

CARD # _____

Name _____

Mail Address _____ Apt. #____

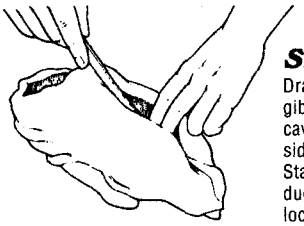
City & State _____ Zip_____

100% Satisfaction Guaranteed or Full Refund of Purchase Price at Any Time!

HABAND *100 FAIRVIEW AVE. PROSPECT PARK, NJ 07530*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

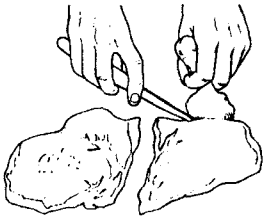
Boning Instructions for Duckling



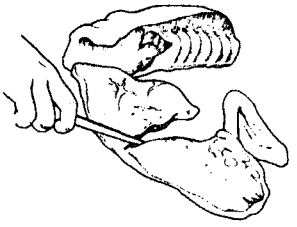
Step 1
Drain duckling, removing giblets and other organs from cavity. Place duckling breast side up on carving surface. Start boning process by slicing duckling down along backbone located at middle of duckling.

Step 2
Slice downward, gently scraping duckling meat away from bone, following breastbone and rib cage. Pull out wing bone, either by cutting through flesh or breaking out wing bone joint. Remove leg by using the same methods.

Step 3
Continue cutting flesh away from rib cage until you can remove breast with leg and wing attached. Repeat steps 1-3 for other duckling half.



Step 4
Separate leg from duckling breast by cutting along seam between them.



Step 5
Remove wing bone by cutting along seam between wing and breast. Trim excess fat from duckling breast.

© Maple Leaf Farms

Combine last three ingredients and toss with remaining ingredients. Chill and serve on leaf lettuce.

Tip: For salads that require duckling breasts, use one 4 to 4½-pound duckling.

Per Serving (½ cup):
Calories: 172 Carbohydrate: 18 gm
Cholesterol: 43 mg Protein: 12.3 gm
Sodium: 463 mg Fat: 5.1 gm
Diabetic exchange: ½ bread + 1½ vegetable + 1 fat meat

Duckling Egg Rolls
(Makes 20 servings)

2½ pounds of duckling, diced into ½" pieces

Marinade:
¼ cup cold water
1 tablespoon honey (if desired)
2 tablespoons cornstarch
½ teaspoon dry mustard
¼ teaspoon ground ginger
1 teaspoon minced garlic
¼ teaspoon sesame oil
½ teaspoon black pepper, ground
1 tablespoon low-sodium bouillon

Vegetables:
1½ cups leeks (or green onions), diced
1 cup celery, diced
2 tablespoons peanut oil
1 medium head cabbage, shredded
¼ cup carrots, shredded
½ cup egg substitute
20 egg roll wrappers, or about 100 small won ton wrappers

Mix marinade ingredients together. Stir in marinade with diced duckling. Cover and refrigerate at least 1 hour, but not more than 24 hours. Sauté leeks and celery in hot peanut oil for 2-3 minutes. Stir in marinated duckling (with marinade solution) and cook until well-done. Add cabbage and carrots and stir-fry 3-5 minutes. Stir in half the egg substitute and cook 1 minute. Cool filling.

To make egg rolls, place filling on wrapper's lower center (point down)—an ice cream scoop works well for dipping out filling. Roll wrapper from the bottom halfway, fold sides toward center, tuck any sharp corners in, and roll rest of the way. A dab of egg substitute on top corner will help seal the wrapper.

Fry roll in 375° oil for 2 minutes or until brown. Drain well. If on restricted fat diet, steam rolls and

◀ *Chunky Duckling Salad*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

serve with sauce. Serve with favorite dipping sauces. May be stored refrigerated or frozen and reheated in oven.

Per Serving (1 egg roll or 5 won tons):
Calories: 168 Carbohydrate: 8.3 gm
Cholesterol: 26 mg Protein: 8.6 gm
Sodium: 58 mg Fat: 11.1 gm
Diabetic exchange: ¼ bread + 1 vegetable + 1 medium fat meat + 1 fat

Roast Duckling Milano
(Makes 4 servings)

1 duckling, thawed and quartered
¼ teaspoon black pepper
1½ tablespoons Italian seasoning
4 tablespoons Dijon mustard
⅓ cup dry, grated Parmesan cheese
⅓ cup dry vermouth
¼ cup parsley for garnish, chopped

Preheat oven to 400° F. With sharp knife, score skin of duckling quarters. Place duckling quarters skin-side up on rack in uncovered roasting pan; sprinkle with pepper and Italian seasoning. Roast 1 hour. Remove duckling from rack; drain liquid from pan. Place duckling quarters in pan without rack. Mix together mustard, Parmesan cheese, and vermouth. Spread sauce over top of duckling quarters; cover and bake at 400° F. for 45 minutes or until tender. Garnish with parsley.

Per Serving (¼ duckling):
Calories: 282 Carbohydrate: 3.1 gm
Cholesterol: 107 mg Protein: 31.5 gm
Sodium: 425 mg Fat: 15.5 gm
Diabetic exchange: ½ vegetable + 4 lean meat + ½ fat

Roast Duckling and Dressing
(Makes 8 servings)

1 whole duckling (4½-5 pounds), defrosted
1 recipe Seasoned Corn Bread, crumbled
1 cup dry bread cubes of choice
1½ teaspoons poultry seasoning
½ teaspoon pepper
½ cup egg substitute
¾ cup low-salt poultry stock
2 tablespoons margarine, melted

Preheat oven to 325° F. Combine corn bread, bread cubes, and seasonings; add egg substitute, margarine, and low-salt chicken stock. Toss lightly.

Wash, drain, and dry duckling. Loosely stuff body cavity and neck region of duck with cornbread stuffing.

Roast uncovered on rack in shallow baking dish in preheated slow oven (325° F.) 3½ hours. Bake remaining dressing in covered casseroles during last 45 minutes of roasting time.

Seasoned Corn Bread:
2 cups enriched cornmeal
2 cups sifted all-purpose flour
2 tablespoons sugar (if desired)
2 tablespoons baking powder (may use low-sodium baking powder)
1½ cups chopped onion
1½ cups chopped celery
½ cup egg substitute
2 cups skim milk
¼ cup vegetable oil

Sift together cornmeal, flour, sugar, baking powder, and salt into bowl. Toss onion and celery with dry ingredients. Add eggs, milk, and oil; stir to moisten dry ingredients. Bake in 13" x 9" baking pan sprayed with non-caloric, vegetable-based spray in preheated hot oven (425° F.) 25-30 minutes. Cool thoroughly.

Per Serving (1 cup dressing, 8 oz. meat):
Calories: 525 Carbohydrate: 64.9 gm
Cholesterol: 66 mg Protein: 28.8 gm
Sodium: 460 mg Fat: 16.5 gm
Sodium: 224 mg (using low-sodium baking powder)
Diabetic exchange: 4 bread + 2 medium fat meat + 1 fat

NEW!

Ordinary treadmills only work your legs.

The newWalkFit exercises your arms and legs

Walk your way to a total-body workout.

NordicTrack's WalkFit™ exerciser focuses on your whole body, not just your legs. Because more muscle groups share the work load, there's less strain on your heart and lungs. You'll tire less easily.

Get up to a 70% greater cardiovascular workout!
This new nonmotorized treadmill with upper-body poles is the best way to build your cardiovascular system. Just what you need for an active, healthy life.

The WalkFit is safer!
You set the pace, instead of a motor which you must struggle to keep up with.

The WalkFit is more enjoyable!
Our *exclusive flywheel* ensures non-jarring exercise on your legs. This is the workout you'll enjoy — and stay with!

30-day in-home trial!

NordicTrack's **WalkFit™**

Get more out of your walk. Call for WalkFit today!

1-800-441-6166

Please ask about our Active American (62+) discount!

FREE Video and Brochure!
1-800-441-6166 Ext. L26K3
or write: NordicTrack, Dept. L26K3
104 Peavey Road, Chaska, MN 55318-2355
❑ **Please send me a FREE brochure**
❑ **Also a FREE VHS videotape**
Name _____
Street _____
City _____ State ____ Zip ____
Phone (____) _____
©1993 NordicTrack, Inc., A CML Company • All rights reserved.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

DIAGNOSIS: PROSTATITIS

This painful inflammation of the prostate is common in men over 50 and may be difficult to treat.

by Ralph E. Dittman, M.D., M.P.H.

The severe throbbing pain in my bottom (called perineum, in medical language) woke me from a sound sleep. During the previous two weeks, I had been awakened by the urge to urinate (called nocturia), and had noted an increased need to urinate during the day (called frequency). But now, this severe throbbing pain radiating from my perineum to my groin and back had me worried. It was painful when I tried to urinate; the stream started and stopped (called hesitancy) and there was dribbling after the stream finally did finish—painfully, and much to my relief. I couldn't get back to sleep, in spite of the partial relief I got sitting in a warm tub of water. Being 46 with a strong family history of cancer of the prostate, I was scared.

As a patient, Dr. Dittman learned that one-fourth of adult male visits to urologists are for prostatitis.

The prostate is one of the male sex glands. Its normal function is to produce seminal fluids that help transport sperm during ejaculation. Located just below the bladder (the organ that stores urine), the prostate lies in front of the rectum and surrounds a part of the urethra—the tube that carries urine from the bladder. When a male is born, the prostate is about the size of an almond. During puberty, the prostate enlarges, doubling in size. The healthy adult prostate is about the size of a walnut, the shape of an upside-down pear, and weighs about one ounce. Unfortunately, the prostate begins to grow again after age 45 in many men. Not every man develops an enlarged prostate—a condition called benign prostatic hypertrophy, or BPH. And in those men who have the condition, it's not always a problem. One major study showed that as many as 4 out of 10 men over age 55 have BPH, while as many as 7 out of 10 men in their 70s have it.

BPH can cause the symptoms I'd had the previous two weeks—the abnormal urinary flow patterns, the nocturia, the frequency. I had just gone about my business assuming I had reached another passage of manhood. But this pain, this blockage of flow concerned me very much. I saw my friendly urologist that morning.

"Prostatitis," my urologist proclaimed after just hearing my story. "You wouldn't believe how common a problem this really is, and—unfortunately—how poorly understood this condition is." In fact, studies by the National Health Center for Health Statistics show that between 20 and 25 percent of all adult male office visits to urologists are related to prostatitis—defined broadly as an inflammation of the prostate gland. "But I haven't examined you yet," he said, smiling that funny smile most urologists give you before doing the digital rectal examination (DRE) of the prostate. "I'm going to combine a rather complicated way of collecting urine with my DRE."

In fact, there are very few laboratory tests available to support the diagnosis of prostatitis. Basically, the lab tests consist of a bacterial culture and microscopic examination of the urine and of the expressed prostatic fluid. Some urologists will do a simple urinalysis (UA) just to look for evidence of bladder infection; others will do the "more complicated way of collecting urine," as my urologist put it. This method necessitates collecting four specimens for bacterial culture: (1) the first 5-10 milliliters of my voided urine, or VB; (2) a so-called midstream sample of urine, or VB2; (3) a sample of the expressed prostatic secretions (EPS); and (4) the first 5-10 milliliters of urine voided after prostatic massage, or VB3. "Most urologists don't get this compulsive," my doctor friend informed me. "If this is prostatitis, these various cultures and microscopic examination will help me to determine the category of prostatitis you have."

The three categories he referred to included a classification for prostatitis introduced in 1978: (1) acute and chronic bacterial prostatitis, or BP; (2) nonbacterial prostatitis, or NBP; and (3) so-called prostatodynia, or PD. This system of classification helps in the long-term management of prostatitis. "It's really pretty simple," he assured me. "Here, jump up on the examining table so I can do the DRE while I explain." He smiled that smile again. "Basically, patients with bacterial prostatitis have documentable bacterial infections of the prostate, either on a short-term (acute) or long-term (chronic) basis. Those with nonbacterial prostatitis have evidence of inflammation of the prostate but no sign of bacterial infection. And those with so-called prostatodynia have complaints

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Your symptoms are bothering you, but you're still waiting to see your doctor about your enlarged prostate. Maybe it's time to stop waiting.

Ask your doctor about the prescription medicine PROSCAR®.

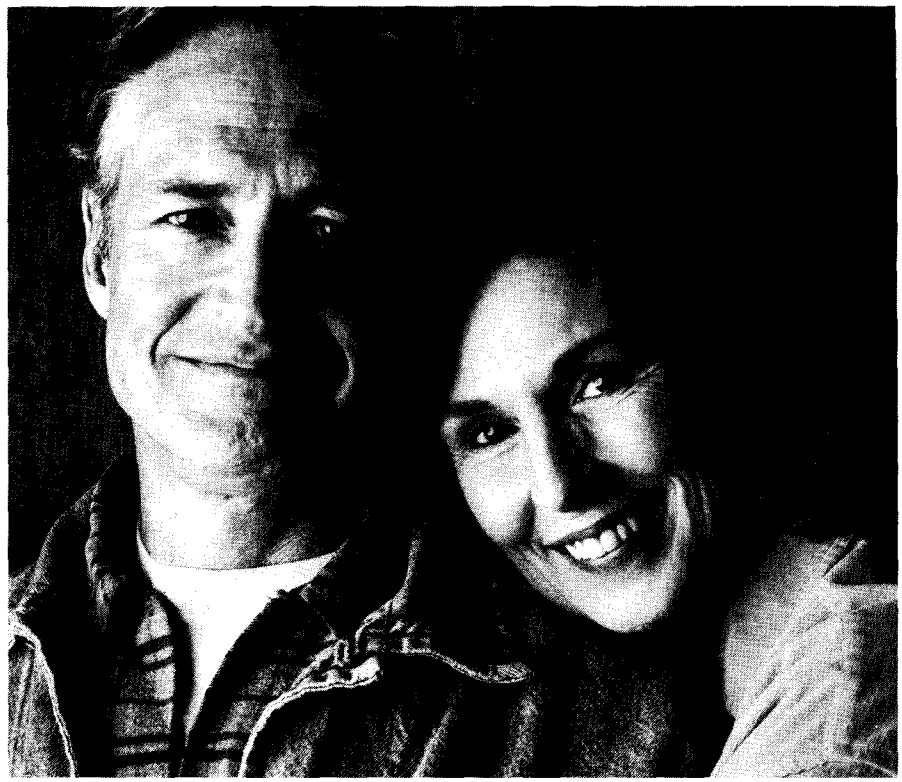
(FINASTERIDE)

Finally, a medicine for the treatment of symptomatic benign prostate enlargement

You can't make it till halftime anymore without having to go to the bathroom. You're getting up several times a night to urinate. It's beginning to bother you, but up to now, you've lived with it. The question is, should you?

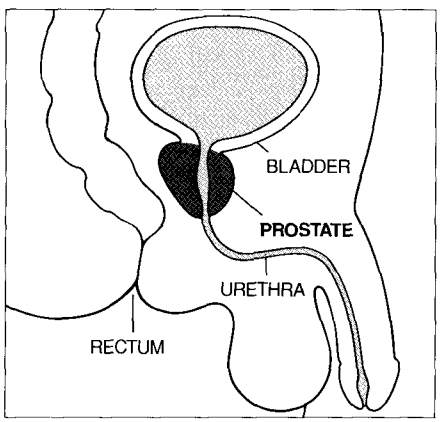
Until recently, there wasn't a medicine that could help the condition known as symptomatic benign prostate enlargement or BPH. But now there is PROSCAR, the first oral prescription medicine that can actually shrink an enlarged prostate.

However, it is important to know the following: PROSCAR doesn't work for everyone. Even though the prostate shrinks, you may not see an improvement in urinary flow or symptoms. And you may need to take PROSCAR for 6 months or more to see whether it helps you.



How PROSCAR can shrink an enlarged prostate

As a man ages, a key hormone can help cause the prostate to grow.



The prostate surrounds part of the urethra, the tube that carries urine from the bladder. As the prostate enlarges, it can squeeze the urethra and cause urinary problems.

PROSCAR actually blocks the production of this hormone, so it helps shrink the prostate to a smaller size in many men. As a result, some men treated with PROSCAR experience an increased urinary flow and an improvement in urinary symptoms.

Why you should see your doctor soon

The problem will probably not get better by itself. In many cases, the prostate continues to enlarge and the symptoms may get worse. So if your urinary symptoms are bothering you, consult your family doctor or a urologist and find out if PROSCAR is an appropriate treatment for you. It is also important to have regular checkups. *While benign prostate enlargement is not cancer and does not lead to cancer, the two conditions can exist at the same time.*

Remember, only a doctor can evaluate your symptoms and their possible causes. So don't wait any longer. You may find out that your enlarged prostate can be made into a smaller problem.

For a free, informative booklet, "Every man should know about his prostate," call 1-800-635-4452 today.

TABLETS
PROSCAR® 5mg
(FINASTERIDE)

© 1993, Merck & Co., Inc. J3PO36V1(701)-PSA559

Please see patient information on the adjacent page.

MERCK

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

PATIENT INFORMATION ABOUT PROSCAR® (Prahs-car)
Generic name: finasteride (fin-AS-tur-eyed)

PROSCAR is for the treatment of symptomatic benign prostatic hyperplasia and for use by men only.

Your doctor may prescribe PROSCAR if you have a medical condition called benign prostatic hyperplasia or BPH. This occurs only in men.

Please read this information, as well as the leaflet which accompanies your medication, before you start taking PROSCAR. Also, read the leaflet each time you renew your prescription, just in case anything has changed. Remember, this leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss PROSCAR when you start taking your medication and at regular checkups.

What is BPH?

BPH is an enlargement of the prostate gland. After age 50, most men develop enlarged prostates. The prostate is located below the bladder. As the prostate enlarges, it may slowly restrict the flow of urine. This can lead to symptoms such as:

- a weak or interrupted urinary stream
- a feeling that you cannot empty your bladder completely
- a feeling of delay or hesitation when you start to urinate
- a need to urinate often, especially at night
- a feeling that you must urinate right away.

Treatment options for BPH

There are three main treatment options for BPH:

- **Program of monitoring or "Watchful Waiting".** If a man has an enlarged prostate gland and no symptoms or if his symptoms do not bother him, he and his doctor may decide on a program of monitoring which would include regular checkups, instead of medication or surgery.
- **Medication.** Your doctor may prescribe PROSCAR for BPH. See **"What PROSCAR does"** below.
- **Surgery.** Some patients may need surgery. Your doctor can describe several different surgical procedures for BPH. Which procedure is best depends on your symptoms and medical condition.

What PROSCAR does

PROSCAR lowers levels of a key hormone called DHT (dihydrotestosterone), which is a major cause of prostate growth. Lowering DHT leads to shrinkage of the enlarged prostate gland in most men. This can lead to gradual improvement in urine flow and symptoms over the next several months. However, since each case of BPH is different, you should know that:

- Even though the prostate shrinks, you may NOT see an improvement in urine flow or symptoms.
- You may need to take PROSCAR for six (6) months or more to see whether it helps you.
- Even though you take PROSCAR and it may help you, it is not known whether PROSCAR reduces the need for surgery.

What you need to know while taking PROSCAR

- **You must see your doctor regularly.** While taking PROSCAR, you must have regular checkups. Follow your doctor's advice about when to have these checkups.
- **About side effects.** Like all prescription drugs, PROSCAR may cause side effects. Side effects due to PROSCAR may include impotence (or inability to have an erection) and less desire for sex. Each of these side effects occurred in less than 4% of patients in clinical studies. In some cases side effects went away while the patient continued to take PROSCAR.

Some men taking PROSCAR® (Finasteride) may have a decrease in the amount of semen released during sex. This decrease does not appear to interfere with normal sexual function.

You should discuss side effects with your doctor before taking PROSCAR and anytime you think you are having a side effect.

- **Checking for prostate cancer.** Your doctor has prescribed PROSCAR for symptomatic BPH and not for cancer—but a man can have BPH and prostate cancer at the same time. Doctors usually recommend that men be checked for prostate cancer once a year when they turn 50 (or 40 if a family member has had prostate cancer). These checks should continue while you take PROSCAR. PROSCAR is not a treatment for prostate cancer.
- **About prostate specific antigen (PSA).** Your doctor may have done a blood test called PSA. PROSCAR can alter PSA values. For more information, talk to your doctor.
- **A warning about PROSCAR and pregnancy.**

PROSCAR is for use by MEN only.

PROSCAR is generally well tolerated in men. However, women who are pregnant, or women who could become pregnant, should avoid the active ingredient in PROSCAR.

If the active ingredient is absorbed by a woman who is pregnant with a male baby, it may cause the male baby to be born with abnormalities of the sex organs. Therefore, any woman who is pregnant or who could become pregnant must not come into direct contact with the active ingredient in PROSCAR.

Two of the ways in which a woman might absorb the active ingredient in PROSCAR are:

Sexual contact. Your semen may contain a small amount of the active ingredient of the drug. If your partner is pregnant, or if you and your partner decide to have a baby, you must stop taking PROSCAR and talk to your doctor. If your partner could become pregnant, proper use of a condom can reduce the risk of exposing her to your semen (discuss this further with your doctor).

Handling broken tablets. Women who are pregnant or who could become pregnant must not handle broken tablets of PROSCAR.

PROSCAR tablets are coated to prevent contact with the active ingredient during normal handling. If this coating is broken, the tablets should not be handled by women who are pregnant or who could become pregnant.

If a woman who is pregnant comes into contact with the active ingredient in PROSCAR, a doctor should be consulted. Remember, these warnings apply only if the woman exposed to PROSCAR is pregnant or could become pregnant.

How to take PROSCAR

Follow your doctor's advice about how to take PROSCAR. You must take it every day. You may take it with or between meals. To avoid forgetting to take PROSCAR, it may be helpful to take it the same time every day.

Do not share PROSCAR with anyone else; it was prescribed only for you.

Keep PROSCAR and all medicines out of the reach of children.

FOR MORE INFORMATION ABOUT PROSCAR AND BPH, TALK WITH YOUR DOCTOR. IN ADDITION, TALK TO YOUR PHARMACIST OR OTHER HEALTH CARE PROVIDER.

MERCK

© 1993, Merck & Co., Inc.
West Point, PA 19486
J3PO36V1(701)-PSA559

associated with prostatitis without bacterial infection or inflammation." He began his exam. I wasn't smiling.

One major study I later reviewed evaluated 600 men attending a special prostatitis clinic. The study indicated that 5 percent had BP, 64 percent had NBP, and 31 percent had PD. I wondered which type of prostatitis I had, as I realized that the DRE wasn't really as painful as I had anticipated. "With either bacterial or nonbacterial prostatitis," the urologist chimed, "you would have been hanging off the chandelier by now." He smiled again. "Your examination is fairly normal," he continued as he placed one sample of the expressed prostatic fluid on a culture plate for bacterial culture and another sample on a slide to examine under the microscope.

"Look," he pointed to the microscope. "No white blood cells or macrophages in the field." He quickly prepared another slide of the urine, then peered into the microscope again. "And your urine is clear: no white blood cells. In the world of urology, the presence of at least 15 white blood cells per viewing field seems to be the magic number indicating infection. And I'll bet all of your cultures come back negative," he casually remarked as he threw away the slides. (And sure enough, three days later, all the cultures were negative.) "You've got prostatodynia, most likely."

"So what do I do?" I asked suspiciously. Being a simpleminded surgeon, I'm always leery of diagnoses I have trouble pronouncing: prostatodynia. And besides, it just didn't seem logical. How could a noninflammatory pain syndrome (prostatodynia) be a category of an inflammatory condition (prostatitis)?

"That's all part of the dilemma of treating this condition," the urologist replied. He explained that if this were a straightforward bacterial prostatitis, he could treat me with an appropriate antibiotic like trimethoprim-sulfamethoxazole, nitrofurantoin, or one of the newer fluoroquinolone agents. Antibiotics, combined with adequate hydration, pain relievers, anti-inflammatories, bed rest, and stool softeners, will take care of an acute episode. Really severe acute episodes may sometimes require hospitalization for intravenous antibiotics and bladder drainage using a catheter put in through the

continued on page 85

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Piano By Candlelight

50 Romantic Favorites

Just for you, an exclusive giant treasury of the most romantically beautiful piano music you've ever heard. These are the romantic masterpieces of songwriters like Rodgers & Hammerstein, Johnny Mercer, Jerome Kern and Cole Porter. Every excitingly beautiful song is played for you by the world's greatest piano-playing masters like Roger Williams, Henry Mancini and many other famous stars and orchestras. Just imagine how they will fill your home with 50 of the most wonderful candlelight favorites ever written, yours to enjoy again and again. Only piano and orchestra can play this music so beautifully. Be sure to order yours today!

Autumn Leaves
Moon River
As Time Goes By
Moonlight Love (DeBussy's Clair De Lune)
I'm Always Chasing Rainbows
Bewitched
Till The End Of Time
Canadian Sunset
These Foolish Things (Remind Me Of You)
The Love Theme From Romeo And Juliet (A Time For Us)
Soft Summer Breeze
Near You
Deep Purple
Last Date
Snowfall
Stardust
Fly Me To The Moon (In Other Words)
Tara's Theme From Gone With The Wind
Watch What Happens
Lisbon Antiqua
The Song From Moulin Rouge
Dancing On The Ceiling
A Walk In The Black Forest
Night and Day
Sunrise Serenade
Cocktails For Two
Ain't Misbehavin'
Manhattan
Serenade The Last Time I Saw Paris
Misty
Love Theme From Elvira Madigan
No Other Love
Rhapsody In Blue
Born Free
Theme From Love Story
April In Paris
Satin Doll
Lullaby Of Broadway Heart And Soul
Park Avenue Fantasy (Stairway To The Stars)
Theme From The Apartment
Moonlight Sonata
Days Of Wine And Roses
The Entertainer
Theme From A Summer Place
Moonglow

The Beautiful Music Company, Dept. WW-144
777 Larkfield Road, Commack, NY 11725

WE SHIP FREE!
No Postage Or Handling

Please rush my Piano By Candlelight on your unconditional money-back guarantee.

☐ I enclose $19.98. Send 2 Cassettes.
☐ I enclose $19.98. Send 3 Records.
☐ I enclose $24.98. Send 2 Compact Discs.

Exp. Date _____

Card No. _____

Or Charge To: ☐ **Visa** ☐ **Mastercard** ☐ **American Express** ☐ **Discover**

Name _____

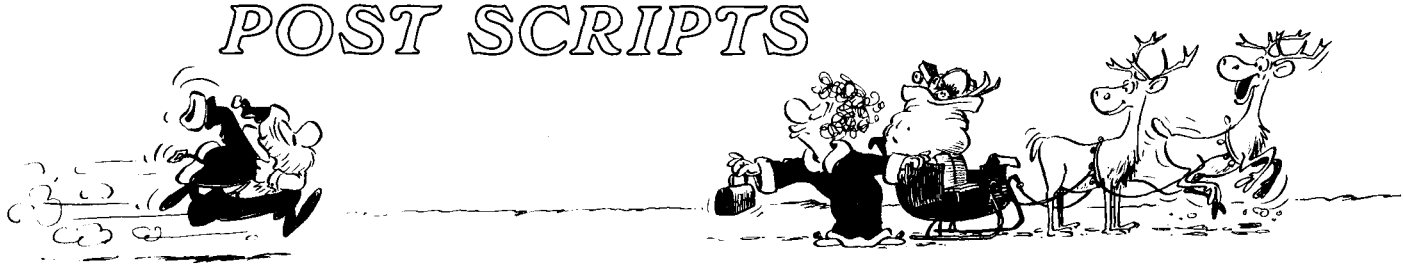
Address _____

City _____

State _____ Zip _____

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

POST SCRIPTS



Important Reminder

Christmas began in the heart of God,
But comes to its completeness
When it reaches the heart of man
And responds in faith and meekness.

—*Olga McCoy*

Eye of Beholder

An aging man
Is the world's impression,
Slow of step,
And with sober expression.
But what I see
When I look at the guy,
Is a lusty youth
With fire in his eye.

—*Helen Santori*

She Had to Ask

The wife of a TV-sports addict asked her husband one day, "Do you love me more than football?"

There was a pause before he offered, "I love you more than hockey . . ."

—*Melinda Brindley*

Two Hoorays for Holidays

On holidays, like weekends,
You'll never see me frown;
I don't get up to go to work,
And my stocks do not go down.

—*Ned Pastor*

The Hillary Look

I copied her hairdo;
My hair looks divine.
There's only one problem—
The face is still mine.

—*Shirley Baldwin*

Dream Come True

I truly love to entertain;
I like the party rhythm;
But I wish that when my
guests depart
They'd take the dishes whythm.

—*Jeannette Morrell*

Heavy Duty

A man shoveling the snow off his sidewalk said to his neighbor, "How come something that falls so soft is so hard to pick up?"

—*James Rhodes*

The Perfect Gift

I bought a blouse,
I bought a scarf,
A purse and wallet, too.
I found a pin
That was a steal
The brightest sapphire blue.
I started out
To Christmas shop,
And you can plainly see
I bought a lot,
But here's the catch,
These gifts are all for me.

—*Mary Mullen*

This or That

I need new go-to-meeting clothes,
New dresses I must purchase.
"No, no," my husband says to me.
"It's cheaper just changing
churches."

—*Virginia Avery*

Holiday Hassle

In our Christmas card picture
We look happy (of course),
But the trauma in process
Nearly caused us a divorce.

—*Jean B. Boyce*

Weightlifter

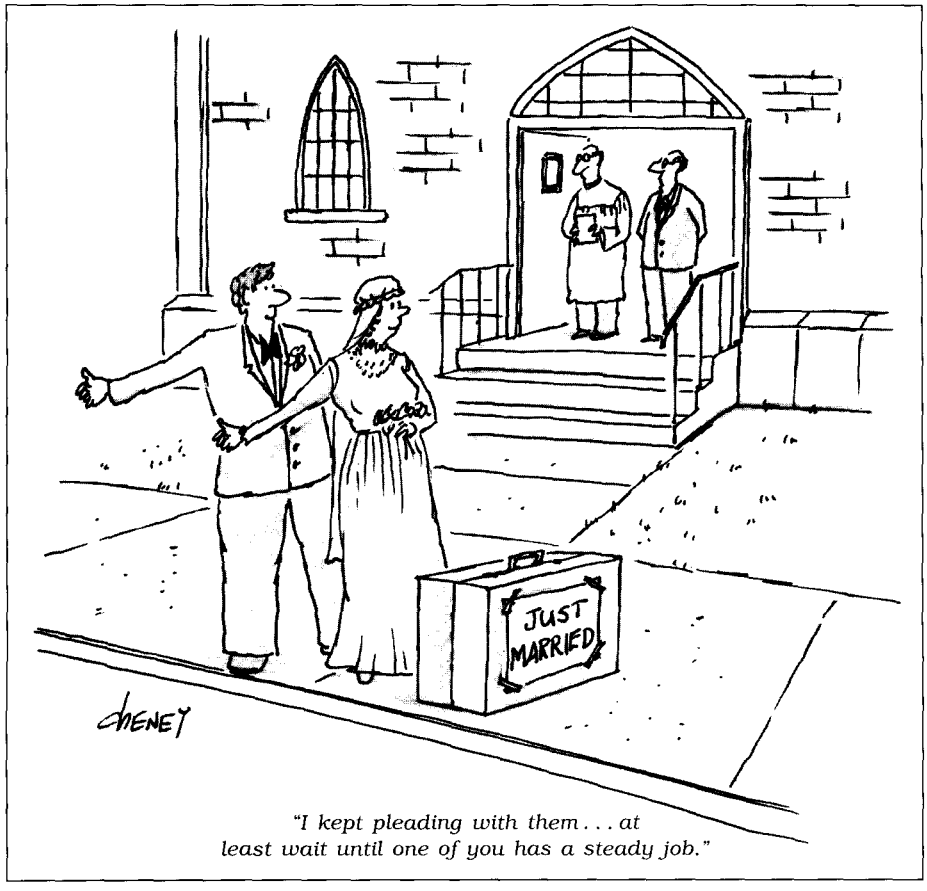
Lifting fork
To mouth from plate
This is the "fork lift"
That puts on weight!

—*Shelby Friedman*

Flower Power

My true love brought me flowers
tonight,
And I'm all smiles and song.
I guess I'm doing *something* right—
Or he's done something WRONG!

—*Maureen Cannon*



"I kept pleading with them . . . at least wait until one of you has a steady job."

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Fussbudgeting

Budgeting at our house
Always gets intense.
For when we find the dollars,
We rarely have much sense.

—*Ron Lauderbach*

Tied Up

Every day I dress for work,
a necktie I do cinch,
I pull it tight so it looks nice
until it starts to pinch.
By afternoon it's loosened
and my collar is undone,
So many office battles
by then we've lost or won.

I'm thinking that the necktie
is just another blight
in the life of office people,
and one that we should fight.

The inventor of the necktie
did never contemplate
the number of Adam's apples
his garb would irritate.
So appeal to business leaders
to dispense with this convention.
We may just find the necktie is
the source of all this TENSION!

—*Bill Woodhouse*

'Twas the Day after Christmas

'Tis better to give than receive,
they say,
But seeing the crowds at the mall,
I'd say that the thing we like best,
Is the gift of exchanging it all.

—*Shirley Ziegler*

And Snow It Goes

Snow on the ground
and roofs around,
cold and getting colder—
It all was fun
when we were young:
A pain in the end when older!

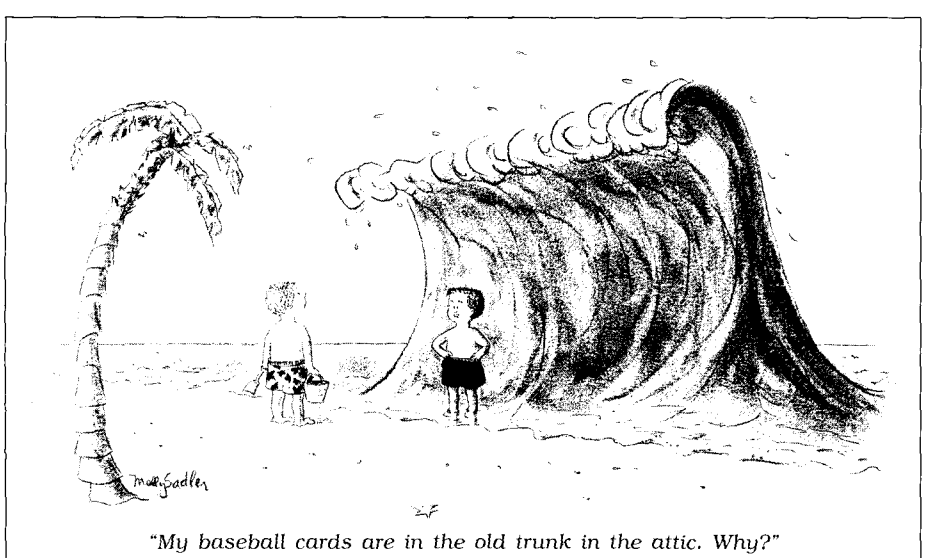
—*Marj Lefler*

"I decided to try celebrating my babeness."

So Sleep It Off

If your dreams aren't coming true,
Remember, this is not the worst
one fares,
And give thanks that
Neither do your nightmares.

—*Harold Helfer*



"My baseball cards are in the old trunk in the attic. Why?"

Caught in the Middle

We have two ends with a common
link,
With one we sit, with one we think.
Success depends on which we use;
Heads we win, tails we lose.

—*Brooke Mehaffey*

Not My Size

When the label says
"One size fits all,"
There's one thing for sure—
It's either too big or too small.

—*Jeane C. Gottsponer*

Icing on the Cake

In our 38 years of marriage, my husband has said, "I love you" many times.

Recently he gave me the greatest compliment ever: "I really like you, dear," he said. "You are my best friend."

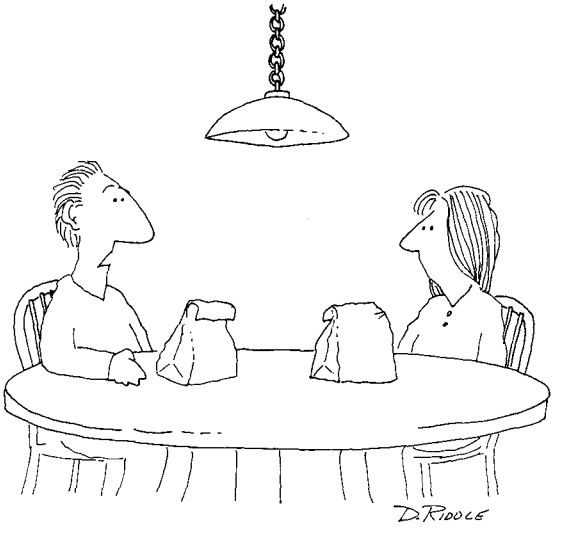
—*Shirley Baldwin*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

DINING DILEMMAS

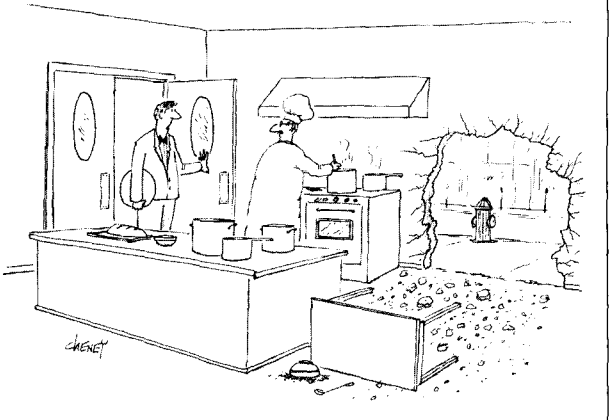
"I always eat a lot on the first date, just in case it doesn't work out."

"I've discovered the most marvelous diet—a budget."



"I don't mind the brown-bag lunches, but the brown-bag breakfasts and dinners are getting to me."

"Are we dining Oriental tonight, dear?"



"The guy at table five says there's a '79 Pontiac in his potato chowder."

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Invest In Comfort!

Exciting Bed Adjusts to Any Position!

Perfect for Watching TV, Reading, Eating, Sleeping!

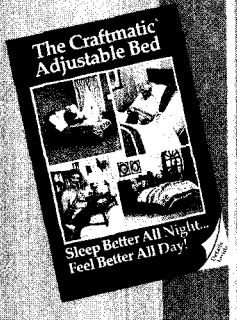
You can enjoy deep, restful, refreshing sleep *every night* ... and you can add new bounce and brightness into *every day.*

When you mail the postpaid card you'll receive a free, *fascinating,* full-color booklet. It's yours with our compliments - and without strings. It reveals how others enjoy the miracle of a *special kind* of sleep. So refreshing and completely satisfying that you feel like a new person, at once.

The free booklet introduces you to the astonishing Craftmatic Adjustable Bed. Not just a bed. But a better way to sleep ... rest ... relax and live.

Adjusts to 1001 Posture Perfect Positions With Just A Flick of a Button!

The booklet shows you how to set this bed easily, automatically, instantly in virtually any position you can imagine. How, for the first time you can read, eat and watch TV in a relaxed no-strain way that actually pours rest and refreshment into your body, instead of adding aches and pains.



Relieve Simple Tension

The marvelous, full body massage action helps relieve simple everyday tension from your head all the way down to your toes. The tingling marvelous sensation and relaxed state that results is something you simply must experience to appreciate. The adjustable bed helps eliminate neck, back and eyestrain.

Mail the Card Right Now For the Complete Story

- How to raise legs, back, shoulders for welcome support.
- How you deliver soothing heat and gentle, dreamy, massage to every part of your body.
- How to turn one-third of your life — the time you sleep — into a *rich, refreshing* experience — instead of a drab necessity.

Be Convinced

Does all this sound too good to be true? Perhaps. But there's only one way to find out, for sure. That's to mail the postcard and see the free booklet. You may be skeptical now. You won't be then.

FREE Booklet

Mail your reply card today for your FREE Booklet. (If card is missing use coupon below.) There's no cost or obligation. Or call Toll Free 1-800-228-0129.

MAI
Fo
CRAFT
2500 Inte
53

BC207

Print Name _____

Address _____

City/State/Zip _____

Phone _____

RWS-MG-SEP

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Editor's note: Edgar Nash's account of the origins of Christmas customs first appeared in **The Saturday Evening Post,** *December 24, 1898.*

WHY WE DO WHAT WE DO AT CHRISTMAS

The celebration of Christmastide is as old as the human race, commemorated by customs with origins lost in the hazy past.

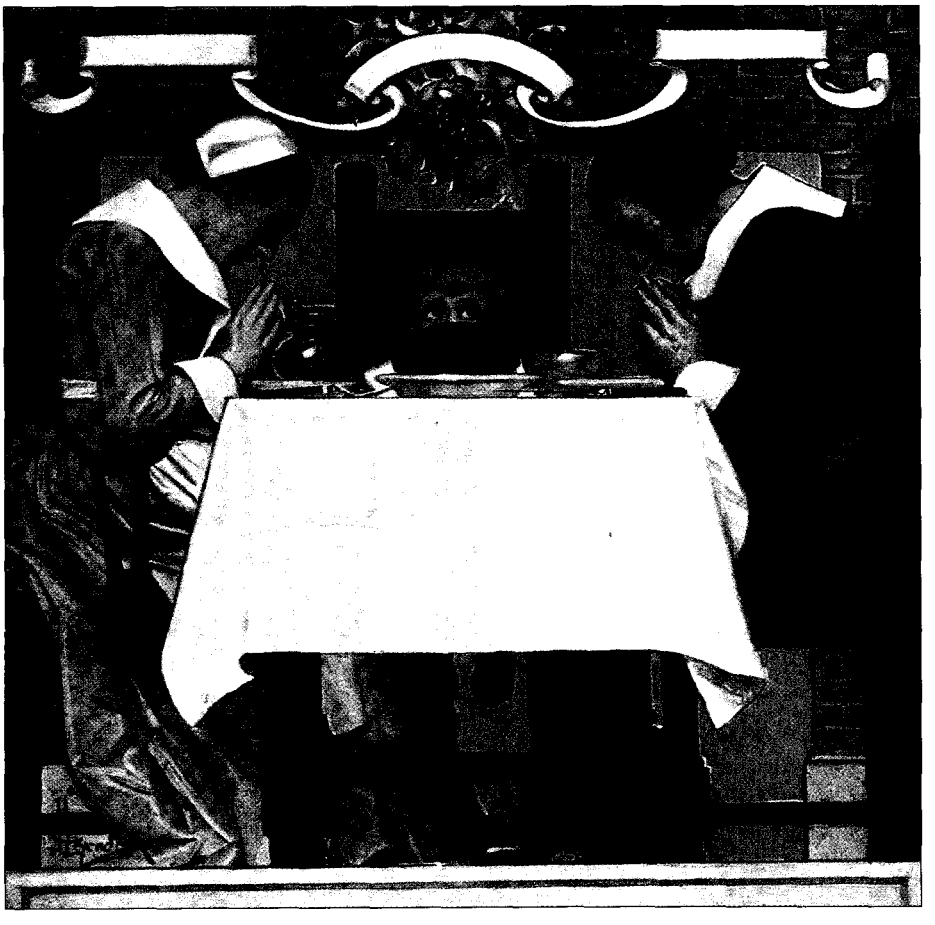
by Edgar S. Nash

There are a few things in existence today which have not been changed or moulded in the hands of Progress. One by one legends and customs have been disproved and overthrown, yet none has dared attack the legends and the customs sacred to Christmastide. Here and there a savant has tried to prove December 25 does not mark the birthday of Christ. Men and women read, smile, and pass on.

The time of year corresponding to our Christmastide has always been a period of rejoicing. It marks the winter solstice. The days begin to lengthen, and the sun no longer journeys away from earth, but enters upon his return. It is a promise of renewed light and warmth, of the approach of the summer days, and men hailed these signs with every expression of gladness.

In Rome the Saturnalia, or feast of Saturn, fell at about the same time as our Christmas, and it marked the greatest festival of the Roman year. The city abandoned itself to gayety. Unbounded license held sway; universal mirth was the order of the day; friends feasted friends, and foes were reconciled. There were no slaves, no masters; all social distinctions were laid aside. Work was stopped throughout the city, and no war was ever entered upon at this time.

Plum pudding is more than a Christmas treat; its rich ingredients symbolize the gifts laid by the kings at the feet of the child Jesus.



The tree as the emblem of life also figured conspicuously in the earlier religions. In Egypt the palm tree put forth a new shoot each month, and at the time of the winter solstice it was the custom among the Egyptians to decorate the houses with a branch of palm bearing twelve shoots. In Rome the fir tree was regarded with veneration; during the Saturnalian festivities, halls and houses were hung with evergreen boughs.

In England, in the days of the Druids, the houses were decked with evergreens in order that the sylvan spirits might repair to their grateful shelter and remain protected from the nipping frost and the icy winter winds.

Yes, Virginia, there really was a Santa Claus. This kindly saint lived during the fourth century A.D. and was a noted bishop in Asia Minor, which now makes up most of the Republic of Turkey.

Farther to the north the wild Teuton tribes worshiped their god in wooded places, and they looked upon the fir tree as his sacred emblem. The period corresponding to the Roman Saturnalia was the festival of Thor. This festival, like the Roman feast, was given over to the most barbaric pleasures and the

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

wildest forms of enjoyment. Among these peoples the festivity was known as Yuletide.

When Christianity spread abroad, men knew that in the story of Christ's nativity was realized what they in their blindness had striven to typify. So they adapted the old customs of their ancestors to the new order of things.

Now is the season of the holly and the mistletoe; the days are come in which we hang our rooms with the sober green of December and feel it summer in our heart.

Among Northern European tribes a great fir tree was set up in each household at Christmastide. At its base were placed representations of Adam and Eve; in the branches coiled the Serpent, and on the top-most bough gleamed a candle, symbolizing that Light of the World through whom alone was victory over the Serpent possible. Later in history the tree was more profusely decorated with gaudy knickknacks, all of which were at first symbolical. But the children were not allowed to see the tree till Christmas morning.

To account for its appearance there, the parents used to tell the children a Chaldean legend. Years ago it was the custom for every Saxon household to burn the yule log on Christmas Eve. This was a great, knarled root or tree-trunk, cut the day before Christmas and brought into the hall on Christmas Eve with great ceremony, and accompanied with music. Each member of the household would sing a yule song, standing on the centre of the log.

Then an attempt was made to drive the yule log into the great hall as if it were a stubborn horse. The cry was given that the "dun" refused to move, and the whole company was summoned. All took a hand, and, loudly shouting, dragged it to the great fireplace. It was lighted with the charred remnant of the former year's log, which had been preserved for this occasion, and which was supposed to insure the house against ill luck.

The children were told that during the night the yule log gave birth to the Christmas tree which they found in the hall on Christmas morning loaded with gifts.

Christmas is the time of the nose. The clean frost of the forest, the sharp green of cedar and fir scent the joyous season.

The Christmas tree was introduced into England by Prince Albert, consort of Queen Victoria. From the palace the custom spread, until now the Christmas tree is a necessary feature of an English Christmas.

In Germany and other European countries it was believed by the children that the tree glittering with candles and bright baubles, and the gifts found beneath the tree, were the work of jolly old Saint Nicholas, Sant Nicholaus, or Santa Claus, as we know him. This kindly saint was no legendary character. He lived about 300 A.D., and was a noted Bishop of Asia Minor. He was looked upon as the patron saint of generosity because of his liberality.

Three daughters of a poor nobleman could not marry as advantageously as they should because their father could give them no dowry. But one night one of the daughters found in her room a purse, shaped like a stocking, filled with gold, evidently thrown in the window by some one from without. The next night the second daughter found a purse in her room, and on the third night the father caught Saint Nicholas in the act of throwing the third purse in the window.

From that story originated the custom of hanging up the stockings on Christmas Eve. Thereafter the young girls at the convent schools would hang their stockings on the door of the Mother Superior's room on Saint Nicholas night. On the following morning they would be found filled

continued on page 70

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

THE STORY BEHIND "PRECIOUS MOMENTS" FIGURINES

Collector's of teardrop-eyed figurines have raised millions of dollars for national and local charities.

by Janet Hughes

In 1977, on his way to an overseas business trip for Enesco, his Illinois-based giftware company, president Eugene Freedman made a stopover in California that would profoundly effect the lives of many.

During the layover, a friend showed him a poster and greeting cards portraying teardrop-eyed children with inspirational messages. The illustrations were called "Precious Moments," and Freedman felt sure they would translate well into porcelain figurines.

Permission from the artist, however, did not come easily. Sam Butcher, a devout man who supplemented his income by working as a janitor, began drawing his teardrop-eyed children to convey special messages for his family and friends. With a partner, he started a small greeting card business, selling primarily to Christian bookstores and card shops. But Butcher was uneasy about "commercializing" the children who spread messages of "love, caring, and sharing."

The very first Precious Moments porcelain bisque figurine was aptly titled *Love One Another*, portraying the simple image of a little boy and girl sharing a stump.

Freedman took the art to his long-time associate, Japanese master sculptor Yasuhei Fujioka, and painstakingly explained the subtlety of the message from the artist and his art. The result was more moving than anything either Freedman or Butcher could have anticipated. When the businessmen presented the artist with the little figurine, *Love One Another*, Butcher fell to his knees and wept.

"It was a moment neither Sam nor I will ever forget," Freedman recalls. "And it was the beginning of a relationship and a friendship that has grown with each passing year."

Not long after the introduction of the first Precious Moments figurines, mail began arriving at Enesco: letters from consumers relating their personal feelings and wanting information about the artist behind the Precious Moments children. Not a few letters, but hundreds every day—1,500 or more every week.

Each one was carefully read and a reply sent. The letters told of family crises and family joys; they related stories of deep faith and of paths gone astray. Most of all, they were letters from the heart of each writer, and each one was—and continues to be—treated with respect.

A young woman from Oklahoma writes to share how her father had fought and lost a lengthy battle with cancer and the pain she felt at his death. "When I went back to work," Lisa Cottman writes, "sitting on my desk was a Precious Moments figurine that my fellow employees had bought for me . . . *No Tears Past The Gate*. As soon as I saw it, I started crying. Little did they know when they bought it for me that it would mean so much to me. It is my favorite figurine out of the many I have. Now, every time I get to missing my daddy, I look at the figurine and remember that there aren't any tears of pain anymore!"

Lisa's letter, and some one million others, confirmed again and again that the uncommon quality of innocence and inspiration was, indeed, able to reach out and touch the heart. This added a unique responsibility not usually associated with the design and marketing of giftware, and both Butcher and Freedman often found the responsibility awesome as the collection and its following grew.

In 1981, as the mailbag bulged with pleadings for a collectors' organization to unite the growing Precious Moments family, Enesco unveiled the Precious Moments Collectors' Club. Expecting a first-year enrollment of 10,000 collectors—ambitious at the time—the company was overwhelmed when more than 69,000 collectors joined during the charter year and the numbers rose rapidly. A second club, the Precious Moments Birthday Club, was formed in 1985 to encourage family collecting and the inclusion of

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

children in the hobby. For the past five years, combined membership has exceeded a half-million members.

Predicated on the Precious Moments creed of "Loving, Caring, and Sharing," club membership soon displayed its grass-roots energy. Local chapters began to form, each chartered by the national club and sponsored locally by Precious Moments dealers.

Their names reflected the club commitment and devotion of members to the collection: Sam's Angels, You Have Touched So Many Hearts, Make A Joyful Noise, Precious Friends, I'm A Precious Moments Fan Club, Love Is Sharing, and many more. They came together to share their affection and enthusiasm for a collectible; once together, they found they could make a difference in the lives of others. Each local club chapter soon found where its energies and fund-raising could best be applied.

Where there was hunger, a food pantry; abuse and neglect, a friendly hand; and wherever need of any kind was evident, club members found a way to bring solace and solution. And as membership grew, along with the number of local chapters, the scope of assistance expanded as well.

Enesco searched the national charitable organizations to identify one that fit the Precious Moments charter and would offer direct services at the community level. After exhaustive interviews, the company chose Easter Seals, a well-established organization providing programs and services for children and adults with disabilities.

Sam Butcher could relate to the determination of the little ones struggling to learn to walk with leg braces, because a disability had left his own father without full use of his legs. The artist was so inspired that he created what was to become an annual focus of the Enesco-Precious Moments Easter Seal effort: the Precious Moments Easter Seal Commemorative figurine.

Butcher donates all royalties from its sale; Enesco sales representatives donate their commissions; and a portion of the proceeds from each figurine purchase is set aside for Easter Seals. In turn, the figurine is used to raise even more money through store and local chapter fundraisers.

Creator of the now-famous teardrop-eyed children, Sam Butcher attracts collectors of all ages at collector events, where Sam frequently signs a favorite figurine.

"The response from our collectors, our retailers—and even our worldwide associates, who derived no direct benefit from Easter Seals—was incredible from the beginning," Freedman recalls. "We were delighted in our first year that we raised just over $267,000! But we tripled that in our second year, and the third year we presented a check for $1,305,392 to Pat Boone on the 1989 National Easter Seal Telethon."

Pat Boone soon became National Celebrity Spokesman for the Precious Moments Collectors' Club. In honor of this special relationship, Boone composed a song he titled "Precious Moments," which is featured in his latest cassette by the same title.

To understand the individual commitment of Precious Moments collectors, attend a regional or national event. Come to a get-together of 100 to 1,500 collectors, and you find a common thread: each is a warm, caring person whose life is guided by a deep personal faith.

Shirley Fox of Denver epitomizes the profile of a Precious Moments collector.

Fox discovered the appeal of the figurines and their messages shortly after the pieces were introduced, and she happily gave them to friends and family members—especially when she

continued on page 86

Since 1987, Enesco has raised $12 million dollars for Easter Seals. Entertainer Pat Boone serves as National Celebrity Spokesman for the Precious Moments Collectors' Club.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

MEL GIBSON: STILL GROWING UP

"I am an excellent parent, if I do say so myself," says this father of six who is also a kid himself.

by Bart Mills

Every actor has a bit of the child in him, but in Mel Gibson's case, the little boy remains the main component. That's what makes him by all accounts such a good father—he's actually his wife Robyn's seventh child.

Gibson approaches life asking one big question: "How can I make this fun?" He describes a household in which he plays the role of chief loony, supported by a rambunctious bunch of five boys and a girl, ages 3-13. Though he confesses to being a strong disciplinarian when required, he seems to spend most of his off-duty hours telling stories to his brood, building them a treehouse, taking them for motorcycle rides around the pastures of his ranches in Australia and Montana, or just roughhousing with them at home in Los Angeles.

"I'm an excellent parent, if I do say so myself," he says—and then reconsiders: "Actually, I'm not excellent. I'm sure I've gone through the same things as everyone else who's got offspring. Most of the time I scratch my head and think, 'What am I going to do?' You have to set examples. I want my kids to like me, so when they really need a lot of help later on, they won't mind coming to me. It's easy to alienate your offspring. That, to me, is the worst crime. You've got to be prepared to just sit down and be accessible to them."

Talking to Gibson is a little like interviewing a child actor, one of those precocious preteen kids who can conceptualize like a professor but loves to have fun most of all. Here in a Los Angeles hotel room, dressed for play in black jeans and shirt and scuffed black cowboy boots, Gibson, 37, passes another hour avoiding adulthood by snickering and giggling, squirming and fidgeting.

"Acting is just kidding around," believes the star and director of *The Man Without a Face*. "Take it too seriously and you'll spoil it."

He suddenly spots a nearby plate of chocolate cookies and scarfs a few. "These cookies are great! Try 'em!" Nothing tempting is safe from Gibson, who describes himself as an amoeba enfolding whatever it encounters.

He will try anything once, and if he likes it he'll try it a thousand times. Eventually the cookies have to be removed from his reach. "I gave up one vice last week. I think I'm gonna start another," he says, looking longingly at the receding cookie plate.

Drinking is a vice Gibson gave up some time ago, after a drunk-driving arrest and a few too many head-splitting mornings. Smoking is the latest bad habit to go—he's stopped 12 times now. "I got sick of it, sick and tired. I decided to quit again when I played tennis with my dad for three hours. He's 73 and he ran around the court and wasn't very puffed afterwards, either. That's kinda cool. I thought I'd knock it off while I'm ahead. I'd like to still be running around the court when my kids are older, instead of them visiting me in an iron lung."

The picture of himself ill and immobilized sends him into a paroxysm of giggles. A cappuccino arrives from room service, and he slurps it up greedily as he returns to the subject of being a kid—er, parent.

"We play the wild animal game," he says enthusiastically, wiping coffee froth off his lip. "They wanna get away and they wanna get caught. I love chasing 'em around. Not with a gun! Someone always ends up getting hurt, though. They all start jumping on you at the same time, and they can hurt one another. You have to be very careful with that stuff. Hey, maybe they should wear helmets and pads.

"I've got five sons, and they don't know you can't take it. They think you're invincible, so they come in at you full-bore. A head butt from a 10-year-old doing 90 miles per hour can just about kill you. One of these days, I'll have to clue him in on the fact that it's killing me.

"When there's five of them, you can't keep 'em all blocked off. You're gonna take a couple of shots now and then. It's awful, terrible. My daughter doesn't engage. She doesn't like the rough stuff anymore. I used to include her in all the rough stuff, but now she's just not interested. That's the difference between men and women."

Gibson is one of 11 children himself (he was right in the middle). All four of his grandparents were Irish. His father, a railway worker in upstate New York, won $20,000 playing "Jeopardy" when Mel was 12 and used the money, plus an insurance settlement, to move his family to Australia. "It was a difficult move," Gibson remembers. "It made me observant. Right away, I saw there was a difference between them and me. In order to cope and not have a punch-

Though his good looks and body led to an early career as a romantic lead and action hero, Gibson now prefers to play roles where his playfulness can gain the upper hand.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

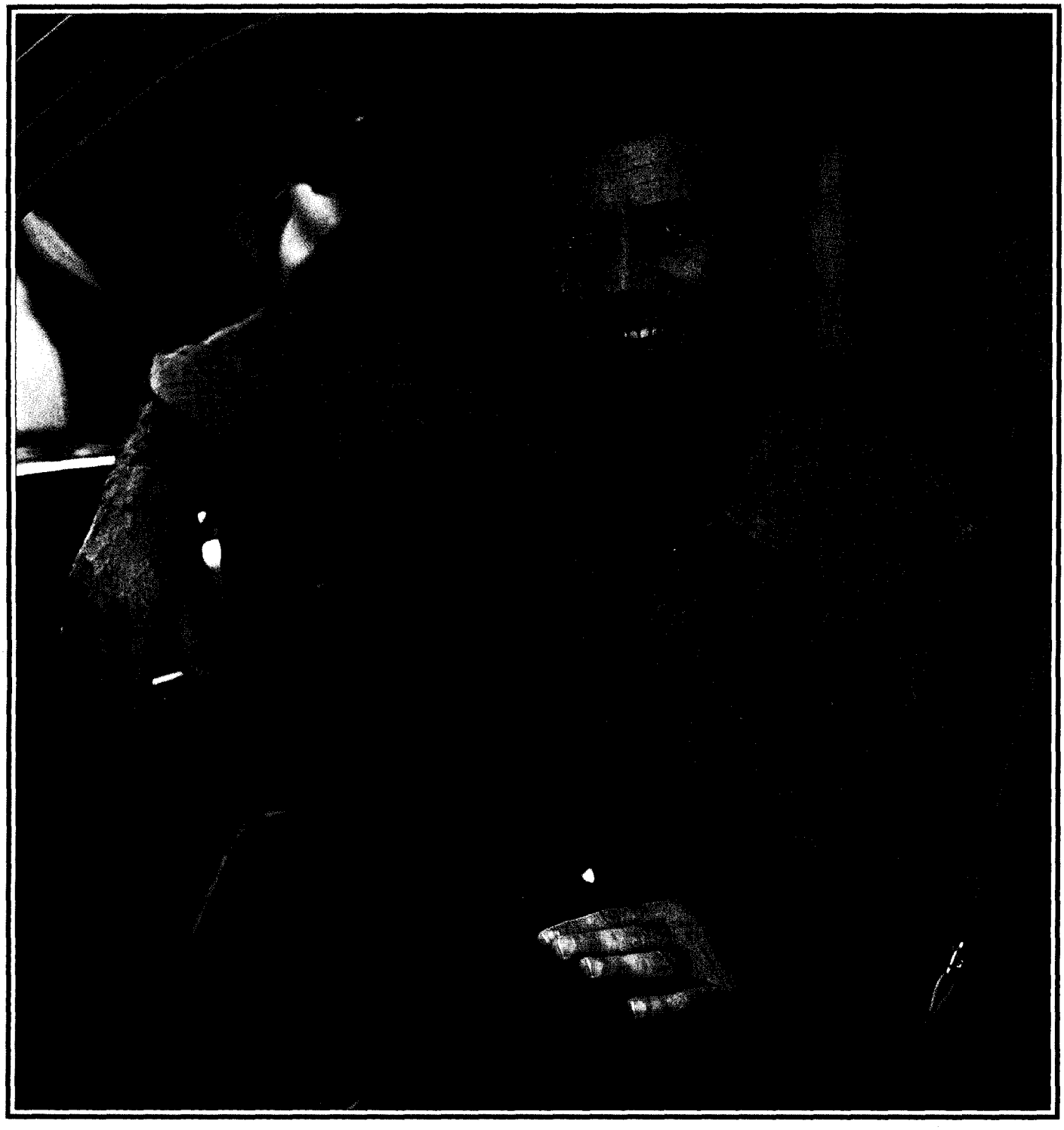
up every other day, I tried to be like them. I remember looking at them and observing them. It was good training as an actor."

When he left drama school, Gibson's good looks and hunky body quickly led him to a dual career as romantic lead and action hero. He moved from such stage parts as Romeo to the retarded title character in *Tim* (1979). At the same time, he was learning how to handle a gun in the *Mad Max* series and *Gallipoli* (1981). By 1984, after appearing in *The Bounty*, *The River*, and *Mrs. Soffel*, he had become an American star. However, it wasn't until he passed 30, stopped drinking, and learned to show his madcap side in his work that he became a household name and reached the $10 million-per-picture level.

He also reset his priorities, putting family first. "I think something happens to young men as they approach their fourth decade," he says. "There is a kind of mild crisis where men get a little smarter. I mean, boyhood has to go out the door. I remember that as a big transition period for myself. I was probably pretty wild. You've got to grow up. You just have to.

"The whole thing is, you've got to learn to relax. You've got to be a bit older to figure it out. I figured it out around 30. I said to myself, 'I'm really beating myself up here. I've got

continued from page 70



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

THE PEDDLER CAME ADRIVING

An unforgettable picture of a Christmas now more than 80 years old, when an unexpected guest brought the most beloved present of all.

by Edward W. O'Brien

Illustrated by Floyd Davis

Christmas was only a week off, and old Jake was in fine fettle. He talked to the electric wires, of course; that dent in his head where he got kicked years ago pressed on his brain, but he was a harmless soul, and the wires were friendly now and weren't bothering him as they sometimes did. Jake was a come-along, go-along blacksmith who dropped in unannounced and stayed on as Pop's helper, sleeping in the shop, and then some morning Jake would be gone as unexpectedly as he'd arrived, because every so often he had to "look around the corner," as he said, and before he knew it he'd be in Norristown or Reading or some other place, and once he got as far as Harrisburg before the wires let up on him.

This spell, however, he seemed settled as a house dog with a full belly; his broom paused occasionally while he leaned on the handle as a soldier leans on his musket, chuckling at the wires. He swept the floor 20 times a day, and Pop swore the planks were getting thinner from Jake's incessant brooming. He'd forsaken his favorite tune, "Nellie and Me and the Baby," and hummed instead "There Came Two Dukes Ariding," a children's sidewalk ditty that went like this:

What are you riding here for, here for, here for?
What are you riding here for, a hansom, tansom, tiddee-bo-tee!

With the holidays now in the offing, Jake's mutterings at the wires were interspersed with snatches of Latin, sometimes ending up aloud with "tissey-mo!" What "tissey-mo" meant, we never learned, and when the long-bearded peddler stopped by to get a loose shoe tacked on, Jake said, aside to me, it was a good sign, because that morning he'd dropped a breakfast fork, and here was a visitor already. It didn't make sense to me, but Jake smiled up at the wires, and when the horse was shod, the peddler talked to Pop about this and that, then came to the point, saying his horse was tuckered out for fair, what with the back roads rutted so hard with frost, and though Pop made no comment, nor did Jake, the peddler added

"He beckoned us closer and we looked in. And there was the reason Pop and Mother'd been so mystifying all week, for they had known what I hadn't . . ."

he was tuckered out, too, and shy on hard money, and he wound up by asking if Pop'd mind his laying over a spell, stabling his horse in the stall in the back of our shop.

"What with all the farmers in town this week, livery stables is awful high, blacksmith, awful high," he said, and he kept looking at Pop and fingering his beard, and Pop brushed the anvil top with his palm, considering, then looked the old man over closely.

He must've been satisfied, for he glanced at Jake, they both sized up the droopy horse, and Pop spoke. "Very well, old man. Back in your wagon, but be mighty careful about smokin'. Guess Jake here can make you comfortable."

"That I can, Frank," Jake said, and the peddler's eyes spoke his thanks.

Everybody wanted a white Christmas, but we didn't, for slippery streets meant Pop sharpening horses all that day and the holiday'd simply be ruined, so we all hoped for clear weather.

The one time of year Jake liked to linger longest was the week before Christmas, and he got his wish, for to me it dragged endlessly. Then the warning on the newspaper's front page said only three more shopping days. The atmosphere was getting stronger, and Mother was close to going down in the rush, as she usually did every year, and she kept warning me away from all the closets, especially the one in her room. So far, I had found everything—the rocking horse, the sleds and the Irish Mail, the shaving mug with a picture of "Maud S" and "Frank" in gilt letters, and even the pen-and-pencil sets deep in mother's bureau. Lou's corner saloon had ropes of laurel leaves festooned around the doors and windows, turkeys and geese hung across the front for the raffles. Spruce trees were stacked along his curb and around the horse fountain, and I liked to walk between the rows of trees to smell the smell and get the Christmasy feeling.

Under the corner grocery shed, boxes of popcorn, nuts, and cranberries sided a barrel of white grapes, in cork, that made my mouth water. Our big fruitcake was aging fairly well, Mother admitted, and, next door, Mrs. Tibbetts was thinking in terms of Yorkshire pudding for when the Shackamaxon weavers came on from Philly and from Holmesburg and Conshohocken, for the party that would last a whole week. Big Rance Halliday would be there, singing above the others about John Peel, the Low-Backed Car, and Father Mahar, and the longer the talking and singing went, the thicker would become the Yorkshire dialect, and Mother'd marvel at the beef and pudding, potted meat, lamb and lamb drip, mint sauce, and treacle those Huddersfield folk could take aboard and still navigate. Four meals every day, with the pot always warm and handy under the tea cozy.

The afternoon of Christmas Eve, Pop knocked off early to make his dash uptown for Mother's present, another picture every year, and when the supper things were cleared away, the

continued on page 65

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Christmas at Canaan

Visitors worldwide are finding peace on earth in the botanical Prayer Garden of Canaan in the Desert, just north of the Phoenix Mountain Preserve, Arizona.

By Katherine Harper

Can tranquility be found in a large city? Surprisingly, Phoenix, Ariz., a burgeoning metropolis of 1,038,000, offers an extraordinary place of renewal.

Canaan in the Desert, quietly nestled just north of the Phoenix Mountain Preserve, features a radiant, botanical Prayer Garden that attracts peace seekers of all ages nationwide. The garden is especially active during Holy Week and Advent, and the Canaan experience at Christmas is unforgettable.

At Canaan, graceful paloverdes and acacias shade winding paths where once lay desert. Ramadas and alcoves adorned by natural flora frame stone reliefs depicting Biblical scenes from Gethsemane to the Resurrected Christ. Over all reigns an atmosphere of peace.

The Phoenix-Scottsdale "Visitor's Guide" suggests, "Visit this scenic, peaceful prayer garden with beautiful, sculptured reliefs."

For 25 years, Canaan in the Desert has extended hospitality to everyone. Daily at sunup its wide iron gate glides open, welcoming visitors into the well-kept ten-acre grounds.

"I use my lunch break to go through the Garden," says a Phoenix commuter. "It means more to me than mealtime—I need the quietness."

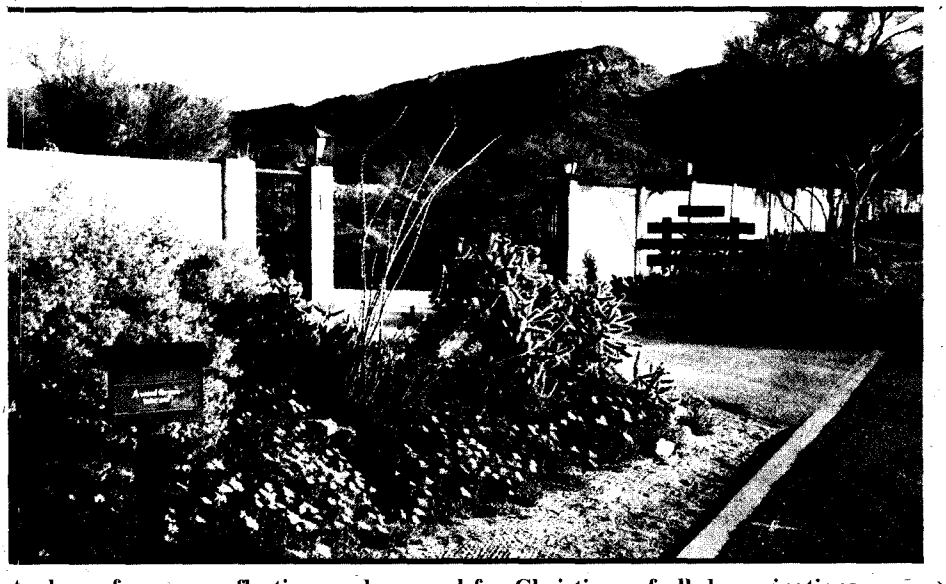
The Bethlehem Grotto, a cave-like shelter for the manger, rests against a hillock about 50 feet inside the gate. At Christmastime, children especially enjoy sitting with the little *Jesulein* (baby Jesus) and joining the sisters in singing Canaan Christmas songs.

"The joyful singing is what drew me there," says Holly Coors, a frequent Canaan visitor. "It's a treasure to be there at Christmas, or anytime from December through the middle of January."

Although the Sisterhood offers tours throughout the year, most people come alone to sit in undisturbed contemplation near one of the ten inspirational settings.

Arizona's Prayer Garden is one of eight established around the world by the Evangelical Sisterhood of Mary, founded by Basilea Schlink. As president of the Women's Division of the German Student

The Christmas celebration at Canaan in the Desert centers around the manger and the gracefully sculpted figure of the baby Jesus.



A place of repose, reflection, and renewal for Christians of all denominations, the picturesque Phoenix Prayer Garden is open daily from sunup to sundown.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The sisters contemplate a brilliant, early morning rainbow that appeared during construction of the Gethsemane Grotto.

Although the Sisterhood maintains a busy schedule, someone (here, Sister Daniela) is always available to greet visitors and conduct a tour.

Christian Youth Movement during World War II, Basilea Schlink, a Lutheran, traveled and lectured, advocating Christian witness and support for Jews. She was twice interrogated by the Gestapo. During the bombing of her hometown of Darmstadt in 1944, she began regular prayer meetings with her students. In 1947, she and her lifetime friend Erika Madauss (later known as Mother Martyria) founded the Evangelical Sisterhood of Mary, naming their permanent Darmstadt homesite Canaan, after the Biblical land.

Four decades later, 15 Canaan branches exist around the world. Prayer Gardens (or "Little Canaans") have been established in Australia, Brazil, Paraguay, East and West Canada, Norway, Taiwan, and the United States. They are built solely by volunteer labor and donated money and materials.

"Canaan was a garden of prayer before there was a Prayer Garden," says Dean McBride, a Phoenix businessman who volunteered countless hours reshaping the desert into a botanical sanctuary and witnessed the sisters' efforts as they accomplished the impossible.

Early in August 1981, the resin and fiberglass reliefs for the garden arrived from the Motherhouse in Germany. "It was a big mountain," the sisters wrote in their chronicles. They had no idea where to begin. How could they "bed" the reliefs? With wood? No, it must be stones. Natural stones cost $150 to $300 per ton, even for mixed quality, and many tons would be needed, but the sisters had only $200.

Just about that time, a rocky hill was leveled for a new building site not a mile away. It seemed too good to be true. Holding their breath, two sisters went to ask permission to collect some stones. "Sisters," said the construction boss, "just take all you want." Perfect "garden stones"—choice, colorful, expensive kinds—at no cost!

Sister Daniela remembers collecting stones at this construction site in the middle of busy Shea Boulevard. "We started at 5:00 a.m. because it was so hot. One sister got a crowbar and began to break down rock. We hurried to the bottom to fill Mr. McBride's truck. Cars would slow down. People began to watch and

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

cheer—some offered to help."

"It was the greatest thing I ever saw," McBride says. "The sisters would form a chain, picking up and passing tons of rock to the pickup."

Unaccustomed to desert heat, the sisters began work before sunrise and often continued after dark. They gratefully took note of help that began to come: friends from Colorado and a local Mexican who had learned stone-laying 25 years before.

No one imagined how much cement would be needed for the foundations. Sister Josepha says the slow work "became just too hard. My heart ached to see Sister Bliss mixing cement and sand and water in a wheelbarrow. Far away I could hear a cement wagon. I ran to the garage and just drove toward the sound."

Sister Donata describes the outcome: "There she went in the station wagon. I thought, 'That'll be a wild goose chase.' In just a few minutes she drove through the gate, behind her a huge truck with the cement mixer rolling in back. A woman driver jumped out and said, 'Where do you want it, Sister?'"

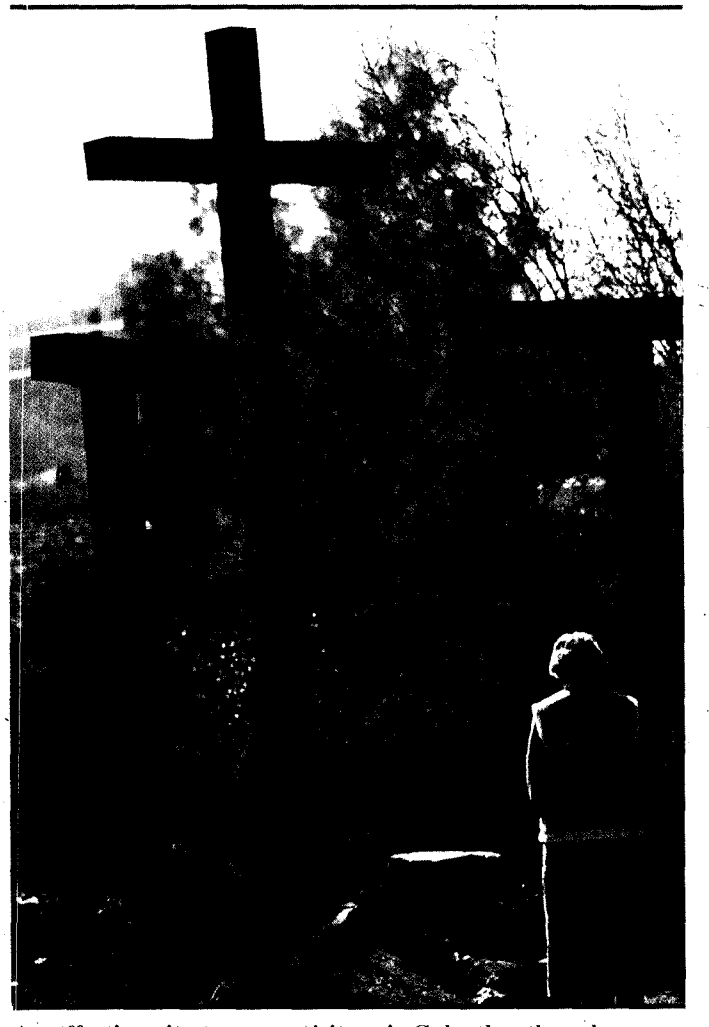
"And the special thing was," Sister Deborah adds, "that this lady was just thinking where could she dump her leftover cement, because it should not harden in her truck. It was just the amount we needed then."

Another sister gives the epilogue: "That's the same as Mother Basilea shares in her autobiography, that the father always provides every need where Jesus is lifted up."

"Every need" includes landscaping. After prayer stations were embedded, friends donated bushes, trees, and money. A nursery offered olive trees and sundry plants that soon were thriving.

Extra soil came from people building swimming pools. Sister Eleona begins another episode: "We just let them start dumping. Ugh! It's a miracle anything can grow on it. Mr. McBride got a tractor and formed hills—really a work of art. The beautiful shape of Golgotha—he just had an image in his mind."

October 1, 1981, is the day the Sisters will never forget. At 7:00



An affecting site to many visitors is Golgotha, three large crosses silhouetted against the stark Phoenix mountains.

Sister Donata explains the white-quartz-inlaid Burial Grotto. The sculpted relief is based on a description from the Gospel According to John.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Artfully laid stonework and pleasant, tree-shaded paths now entice visitors into the ten-acre garden complex.

An uninviting stretch of sand and scrub framed the distant mountains before the sisters began their ambitious project.

a.m., everyone gathered at the Garden's construction site for the removal of the wooden frame bracing Gethsemane's stone grotto, where the statue of the praying Christ was to be placed. It was the sisters' first attempt at stone work, and they weren't sure the cement would hold.

Sister Donata confesses having doubts that morning, but not about the masonry. The sisters had heard about the other new Prayer Gardens in Norway and eastern and western Canada. In each garden a rainbow had appeared. "But we'll never have a rainbow here in the desert," she remembers thinking.

Only a few clouds floated in the distance. Then to everyone's surprise, a double rainbow appeared.

"We took away the braces from the grotto," Sister Josepha adds. "Then we just stood there in awe." As the little group worshiped together, the rainbow arched the western sky for almost an hour.

The Prayer Garden stations were finished on October 17, and soon thereafter, the sisters say, the place of refuge began performing its job. Sister Rebekka remembers the day their mailman told them about a 17-year-old boy who had fatally shot himself. The sisters went to the grieving parents and invited them to the Prayer Garden. Reluctant at first, they decided to come later that day.

"With hearts full of sadness, we all walked quietly from one station to the next. Peace began to show on their faces," Rebekka recalls. "Two hours passed. . . . They left with tender smiles, taking home books of comfort and encouragement."

There are many such stories.

Several years later, when the planning of a new highway threatened the Canaan property, hundreds of letters poured into Phoenix from coast to coast, Canada, and abroad appealing to the mayor and his committee. The unanimous cry was to save the "oasis of peace."

The words of one visitor express the sentiment of many. In serious need of help, her counselor sent her to the Prayer Garden. After many hours alone in the Garden, she came to the sisters, smiling through tears. "I came for a cup of water," she said, "and I found a spring."

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

MY NEXT DOG

Brutus having dominated his master for years, a replacement will have to toe the line—unless he has a sore toe, that is.

by Maynard Good Stoddard

Illustrated by Don Trawin

The companionship of a pet in one's waning years can do marvelous things. I see the results in my own dear wife, who remains reasonably under control by stroking Lump, our spoiled, overstuffed white cat (which she has cleverly named "White Cat") that claims her lap whenever she sits and turns obscenely belly up (we're talking about the cat, now) beside her when she lies down.

My good old dog companion, however, is now chasing angel rabbits in a much fairer land than this. Although Brutus was a bully, always wanting—and having—his own way, I miss him. And after a long and lonely year, I know he'd forgive me if I welcomed a replacement. But this time, *I* will be in command. *I* will lay down the rules. And my new dog can like it or leave. Period.

Friends, of course, have sought to ease the loss of Brutus by offering to unload a puppy on me. No way. Nor have I taken a dog off the street. This time I am going to a pet shelter and pick out just the right dog. Should it require more than one trip, so be it.

If I come to a cage where this dog sticks his muzzle through the bars, I may stop and let him lick my hand. But that's it. He'll be wasting his saliva, I can tell him that. Nor is he going to con me with that plaintive, lost-puppy look. Oh, I suppose if he whimpers a plea that goes something like, "Please, sir, will you get me out of this stir? There's a rumor going around that my future here isn't all that bright. And I'll be your friend for life. Please, mister . . ." then I might take the dog home. But only on a trial basis, understand.

The first thing this dog is going to learn is, no begging at the table. Let him turn those soulful eyes up at me all he wants; I'll pay no attention. This dog is going to learn discipline right from the start. Of course, if he gives me that look and then puts his paw on my knee, indicating terminal malnutrition, that's a different story. No one wants to see a dog keel over right there at a bountiful table when a few pieces of chicken or maybe a chunk of cake might save him.

And late-night snacks are out. I'm drawing the line here, too. It's for his own good: weight control, strong teeth, shiny coat, and all that. If he is awakened by the aroma of burgundy cherry frozen yogurt, he can go right back to sleep. Unless, of course, trying to eat with his paws on my shoulders becomes tedious. In which case I might break down and give him the last half of the dish. But no more than that, definitely.

"No one wants to see a dog keel over right there at a bountiful table when a few pieces of chicken or maybe a chunk of cake might save him."

As for sleeping on our bed, not this dog. I'm putting my foot down here as well. Once he hits the scales at 100 pounds, he's on the floor. Except for cold nights, of course. Our floors are somewhat drafty. And how can a man sleep with a dog lying on a drafty floor whimpering his farewell before rigor mortis sets in?

Which reminds me: this dog is not coming in every time he yips. Dogs were made for the outdoors. Let him scratch on the door all he likes; he'll be wearing out his nails for nothing.

If his yips turn hoarse, of course, that's something else. Not that he's going to the vet at every sniffle. Not this dog. Dogs in the wild have a way of healing themselves, and this includes the common cold. Should the cold be uncommon, however—sneezing, coughing, and redness of eye that tells you he could go at any minute—only then will I lug him to the car, hoping to get him to the clinic in time.

And if this dog is slow on the tick when it comes to learning tricks, it's back to the kennel, I can tell him that. Not that I expect him to shake, sit, or roll over right off the bat. I'm asking only that he show promise by coming to the doggie dish when he's hungry, wait until we leave the house before sleeping on the sofa, and learn that he's safer under the bed during a thunderstorm. In which case I might have a little patience.

This dog will not be luring me back to the woods on the pretext of having treed a moose. Oh, perhaps if I haven't had my power walk for the day . . . but I'm definitely not following him through the brush—unless he barks "HELP," that is.

One more thing. No rounding up a posse or phoning an ad for the "Lost and Found" column if this dog disappears for an hour. A dog needn't be right under your feet every minute. If the time stretches to two hours, however, that's another matter.

When he finally does show up, he'll be in for a good lecturing. And while I'm at it, no more digging up the lawn under the pretext of hunting for moles, no more sleeping in the salvia bed to escape the sun, no more using the birdbath for a bathroom, and so on.

Unless, of course, the poor thing comes home exhausted, perhaps even limping. But after I have fluffed up his bed and examined his feet, this dog is going to hear from me. If he gives me that look that in canine language means "I'm sorry," okay. I might let him off the hook this one time. But no more. And he'd better remember it.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

THE GRIDIRON GALLERY

Football fever grips the nation each fall, and Post covers have captured the action.

by Steven C. Pettinga

What institution symbolizes America's competitive spirit better than the game of football?

Ah, football. Where the delicate spiral of a perfect pass, or the nimble-footed magic of a running back zigging and zagging through the forest of lusting arms, contrasts with the huddled masses on the scrimmage line yearning to beat their opponents to the punch when the ball is snapped.

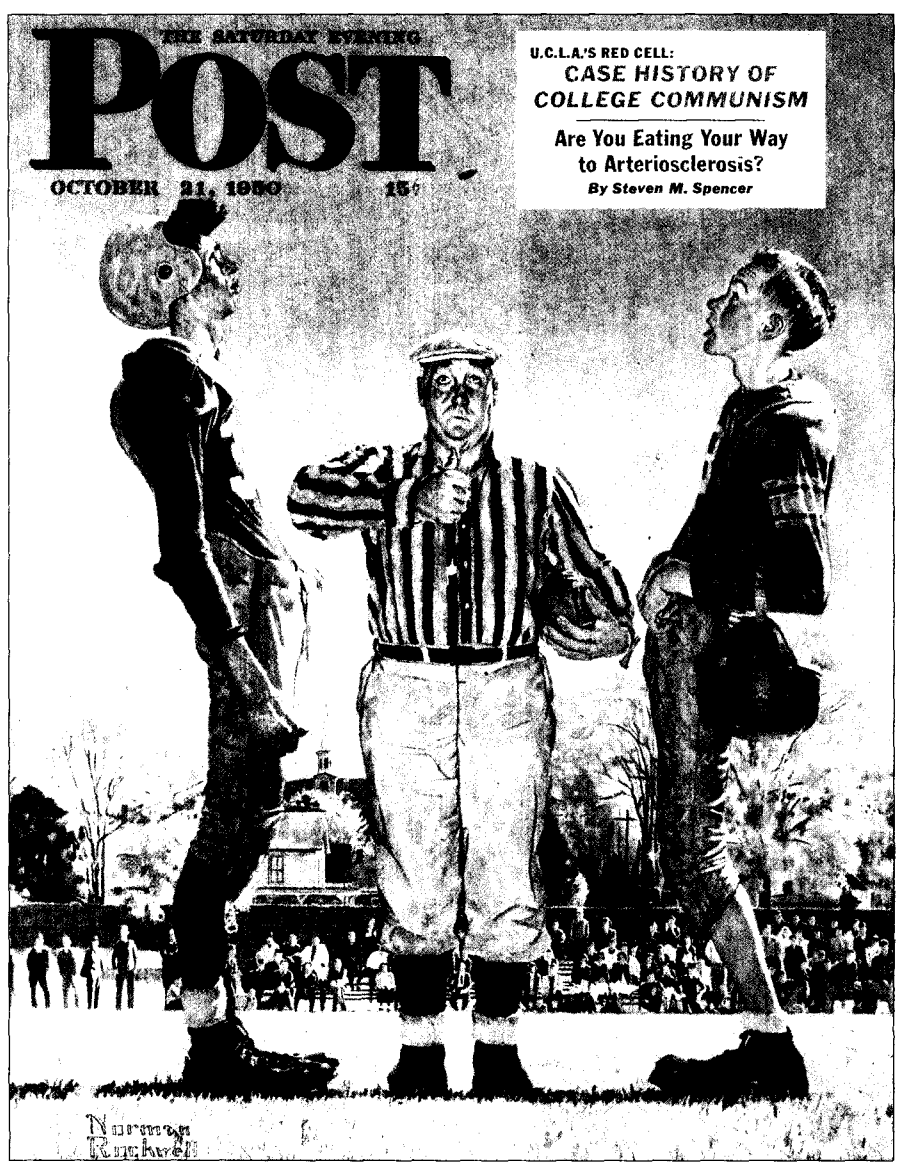
Though football's origins go back some 2,500 years, the modern game is uniquely American. At the turn of the century, Ivy League schools were playing formally scheduled contests, though they resembled nothing more than a loosely controlled brawl similar to rugby.

To tame this mayhem, President Theodore Roosevelt scheduled a round-table discussion in 1906 with the presidents of Yale, Princeton, and Harvard. Out of it came the rules that pretty much define football today.

Strategy, training, and talent replaced the mob rules of early games. And with this change in competition from "kill" to skill, eager participants and enthusiastic fans began flocking to the games in greater numbers.

Over the decades, *Post* covers have celebrated this love affair with the pigskin—which we now illustrate with our gridiron gallery of scenes from yesteryear. ▲

Which team will have its choice of kicking or receiving is a tossup. The official is more concerned, of course, in getting his quarter back. Luckily, the choice doesn't depend upon bulk, because the two opponents are pretty well matched for scrawniness.



"You've got to be a football hero to get along with a beautiful girl," the lyricist wrote. And outstanding players of long ago did indeed attain mythical status. J.C. Leyendecker's 1933 cover illustrates the making of such a hero, a combination of grace, muscle, intelligence, and determination.

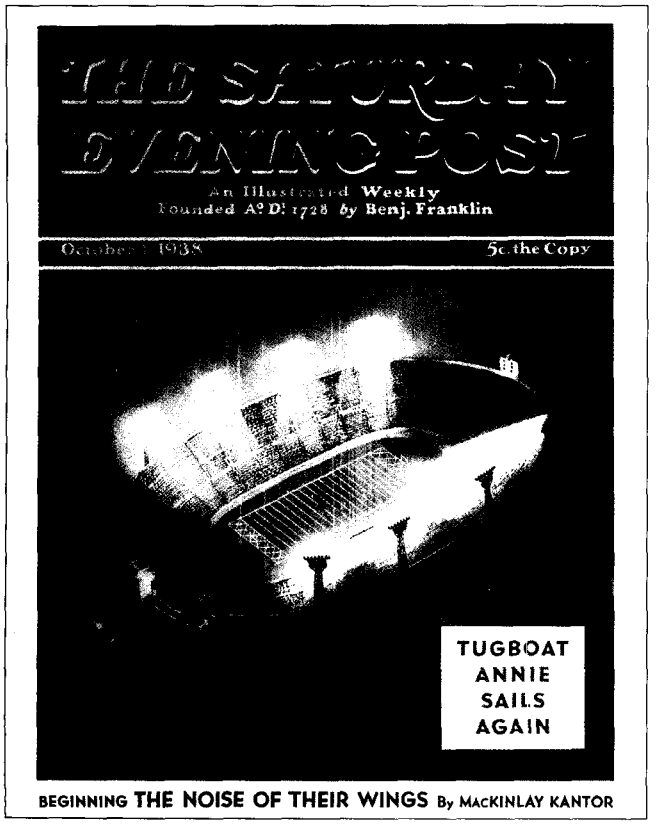
LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

By the looks of things, these dispirited cheerleaders seem to be wondering if their team will do anything right. Lonie Bee's 1939 cover suggests that this might not be any garden-variety defeat, but rather a loss so painful that these guys will talk about it at their 20-year reunion.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

A stitch in time—thanks to this talented cheerleader—could save our potential football hero from finding an opening during the game that he wasn't looking for.

"Piling on" by now has been declared a no-no, but pity this referee anyway. Constantin Alajalov didn't spare the brush when depicting this form of football mayhem.



From the Rose Bowl to the University of Michigan's 101,701-seat temple of football, magnificent stadiums testify to our love of the game.

Nothing in the game is quite as thrilling as a speedy back breaking free and romping down the field to score a touchdown and displaying his samba talent in the end zone.

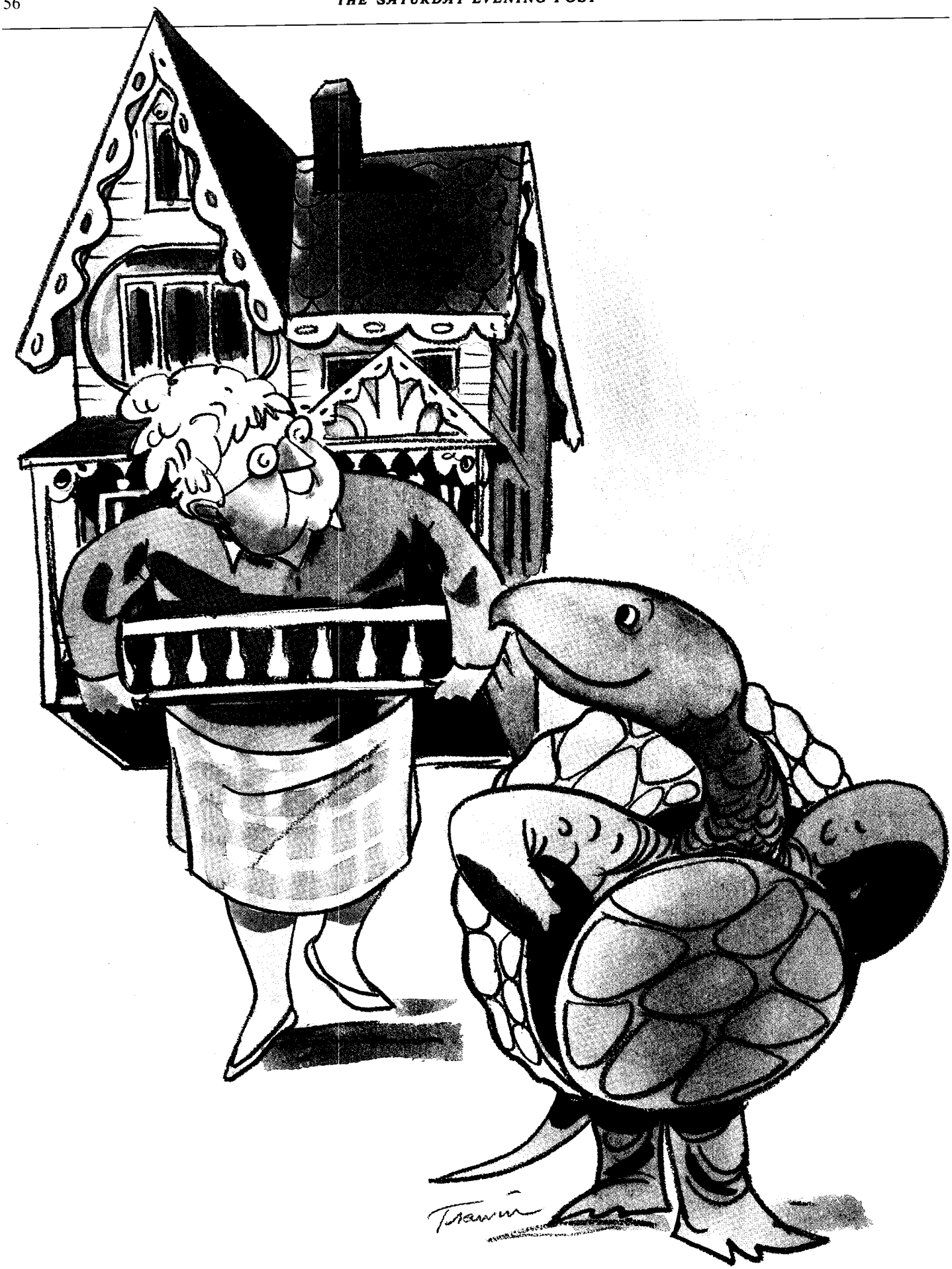
LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Have you ever felt alone in a crowd? Then you can sympathize with this poor soul who apparently has little to cheer about. Artist G. Pelham left the myriad reasons up to the imaginations of Post *readers. Possibilities run the gamut from B.O. to having found himself an island in a sea of vociferous opposition members. If the latter is true, we can only speculate that he and the friend who boasted about his great ticket connections are no longer on speaking terms.*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Seems the crafty Army cadets got the Navy's goat in more ways than one. One way was by painting graffiti on the side of Billy Goat Gruff, the Navy mascot, just before the big game between the two service schools. That's why the irate Midshipmen are going full speed ahead to the shower room to scrub off the odious lettering. A.W. Hampson's 1935 cover pays tribute to one of football's greatest rivalries, the annual Army-Navy game on Thanksgiving Day. Army had more tricks than goatnapping up its khaki sleeves that year, as they sailed over Navy, 28-6.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

AS A TORTOISE TO HIS SHELL

'When they have long liv'd in a House. . .
they are almost as closely connected with it as the Tortoise with his Shell,
they die if you tear them out of it.'—Ben Franklin

by Catherine Drinker Bowen

Illustrated by Don Trawin

Long ago, at New castle, a Pennsylvania governor had delayed and promised, promised, and delayed until a boy of 18 set sail for London with none of this world's goods beyond the clothes on his back and a few pounds in his pocket. . . .

Lord Loudoun invited Franklin to dine. French frigates, the general said, had been seen off Egg Harbor. There could be no setting sail until a convoy was arranged. In a few days, the report proved groundless—and still the commander in chief delayed. "After waiting here above Seven Weeks for the Sailing of the Pacquet," Franklin wrote to Isaac Norris, "the Time of her Departure is no more ascertain'd now than it was the Day of our Arrival." At a loss for action, plainly depressed, Franklin made his will—a remarkable document, providing for his friends and no less than 22 relatives, and opening with the now-celebrated words, I, *Benjamin Franklin of the City of Philadelphia, Printer.* A cheerful peroration confesses in 18th-century deistical style an honest gratitude to "that BEING OF BEINGS" for granting a long life "in a Land of Liberty, with a People that I love." Thanks also, Franklin continued, "for conducting me thro' Life so happily, so free from Sickness, Pain and Trouble, and with such a Competency of this World's Goods as might make a reasonable Mind easy; that he was pleased to give me such a Mind, with moderate Passions, or so much of his Assistance in governing them. . . ."

Did any man before or since address his God in more practical terms—thanking Him for enough money to make a reasonable mind easy, and for teaching him how to govern that mind?

Franklin's parents were dead, and of his brothers, only Peter was left, aged 55. Of Franklin's remaining sisters, his closest tie was with Jane Mecom, the youngest, now 45 and the mother of nine. Franklin cared deeply for Jane, had taken her son Benjamin to train as a printer, sent him to Antigua and set him up there. A half-sister, Elizabeth Douse, at 79 had become a family problem. Jane wrote that she would be removed from her house, where she lived alone, and placed where she could be conveniently cared for. Franklin answered Jane in words that he never dreamed would follow him down the years—words that are indeed the very image of Franklin himself; worldly yet kind, shrewd yet benevolent. In the lives of heroes, it is well when fate forces them to inactivity, and they perforce turn inward and tell us what they think about plain things, family matters, and the vexations common to all mankind:

> *"When women cease to be handsome, they study to be good. To maintain their influence over men, they supply the diminution of beauty by augmentation of utility. They learn to do a thousand services small and great, and are the most tender and useful of all friends when you are sick. Thus they continue amiable. And hence there is hardly such a thing to be found as an old woman who is not a good woman."*
>
> —BEN FRANKLIN

"As having their own Way, is one of the greatest Comforts of Life, to old People, I think their Friends should endeavor to accommodate them in that, as well as in anything else. When they have long liv'd in a House; it becomes natural to them, they are almost as closely connected with it as the Tortoise with his Shell, they die if you tear them out of it. Old Folks and old Trees, if you remove them, 'tis 10 to one that you kill them. So let our good old Sister be no more importun'd on that head. We are growing old fast ourselves and shall expect the same kind of Indulgences. If we give them, we shall have a Right to receive them in our Turn.

As to her few fine Things, I think she is in the Right not to sell them, and for the Reason she gives, that they will fetch but little. When that little is spent; they would be of no farther use to her; but perhaps the Expectation of Possessing them at her Death, may make that Person tender and careful to her, and helpful to her, to the amount of 10 times their Value."

Finally, on June 20th, Franklin's packet sailed from New York.

The Most Dangerous Man in America *by Catherine Drinker Bowen. © 1974 by Alan Crawford Jr., executor of the estate of Catherine Drinker Bowen. Reprinted by permission of Little, Brown, and Co.*

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

LOS ANGELES: FROM RIOTS TO RACES

A high-profile recreational program called the Inner-City Games is helping keep a city's youth on track.

by Bill Desowitz

News photographers made the most of Los Angeles teenagers racing from riot-ravaged shops with looted merchandise last year. Fewer cameras, however, focused on the third annual Inner-City Games this August, when as many as 120,000 youths participated throughout a special week in a variety of Olympic-type sporting events.

This dramatic, night-to-day transformation goes back three years to the Hollenbeck Youth Center in Boyle Heights "when the games were nothing more than a good idea," says Danny Hernandez, the center's 46-year-old executive director.

The center was founded in 1972 by the Hollenbeck Police Business Council as a result of the 1970 East L.A. riot. Hernandez took over the director's job in 1980 on a shoestring budget of $30,000. Today, that budget approaches $1 million a year, and no fewer than 5,000 youngsters regularly take part in the center's organized activities.

Besides fostering an Olympic gold medalist (Paul Gonzales, 1984 light flyweight champ), and other Olympic hopefuls, the Center now has its own version of the Olympics, the nine-day Inner-City Games.

This year's Games brought together youngsters to compete in soccer, flag football, softball, baseball, basketball, tennis, track and field, karate, swimming, volleyball, gymnastics, boxing, and weight lifting.

Emphasis of the special week-long games, staged to aid the Youth Center's fight against juvenile delinquency, drugs, and gang violence, is not on winning but, fittingly, on *competing*.

"Or *investment*," Hernandez says. "We are investing in our kids, offering them an opportunity to get involved in sports, to open dreams, to expand horizons. These kids are now discovering the pride not only in doing a good job but also in earning money fairly and honestly."

Boosting the budget had not been a pushover. Most of Hernandez' fund-raising letters to major companies in town had gone directly into the round file. He repeatedly was told he was wasting his time, but with the help of then-Boyle Heights Councilman Arthur K. Snyder, Hernandez successfully convinced Peter O'Malley, owner of the L.A. Dodgers, that the Youth Center deserved support. An annual fund-raising luncheon saluting the Dodgers has aided the nonprofit center since 1984. Organizations such as Unocal, Occidental Petroleum, PepsiCo, Adolph Coors Co., and the East L.A. Community Union now also help make the special games possible.

The highlight of this year's opening ceremonies for participants and their families was in being honored by celebrities, such as Arnold Schwarzenegger, executive commissioner of the games; Tom Selleck, Roseanne and Tom Arnold, Fred Savage, Edward James Olmos, Muhammad Ali, Bruce Jenner, Florence Griffith Joyner, and L.A. Mayor Richard Riordan, who

Sporting events, like volleyball, basketball, and gymnastics, are *not* the whole story. Kids advocate Arnold Schwarzenegger and executive director Danny Hernandez (left) congratulate the Game's essay contest winners.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

hailed the Games as "a much-needed new initiative, which is obviously a success."

This year, Hernandez' vision expanded beyond Los Angeles with a live hookup to the first Atlanta Inner-City Games at Omni Coliseum, hosted by boxer Evander Holyfield. The Atlanta Games hosted 12 sporting events, an educational competition, and a food distribution to Atlanta's public housing communities.

"Eventually, the idea is to have games all over the country where they have inner-city problems, where kids are left out," says Schwarzenegger, who has helped Hernandez coordinate and promote the Games from its inception. "We organize them in games so they can participate in the same activities as more privileged kids. I am extremely excited the way it is growing each year.

"Through the Hollenbeck Youth Center, we are reaching out to more and more children—to all the housing projects, where athletic activities are so surely needed. The kids just hang out in the streets and don't have anyplace to go after school.

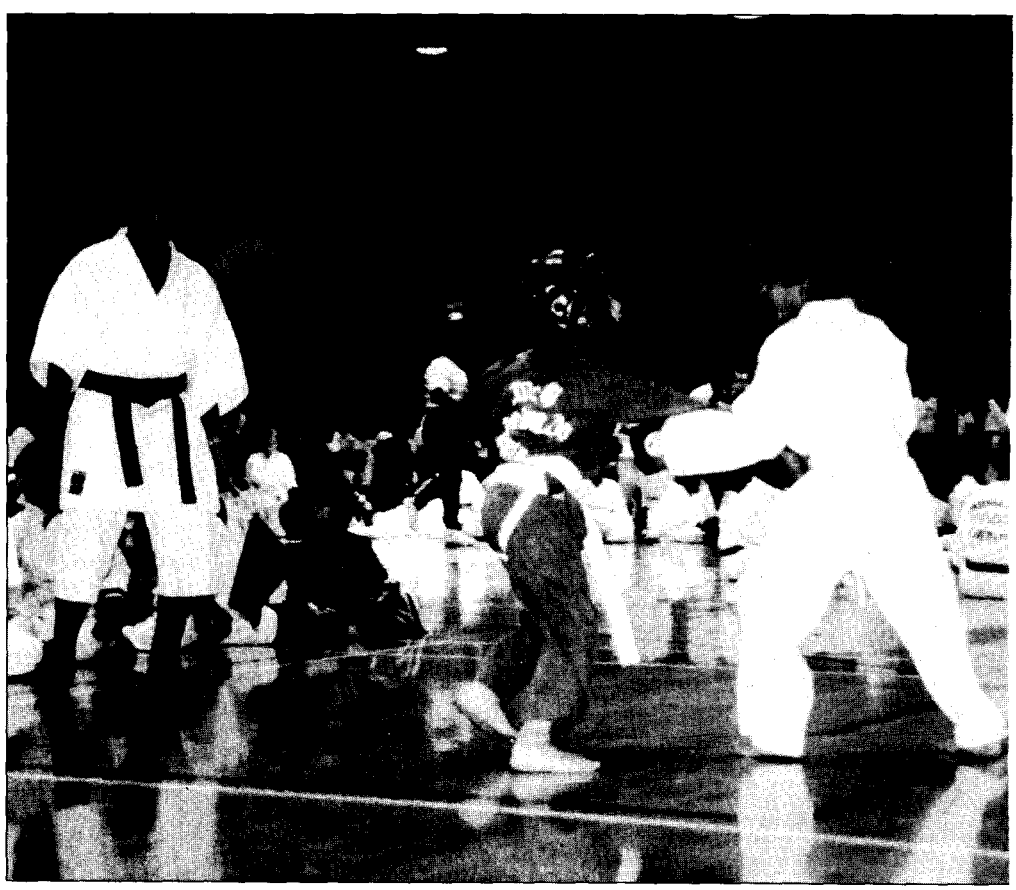
"So here is a program that provides activities for kids throughout the year, where they can compete, where they can train, where they can exercise and where they can get more involved in education," Schwarzenegger added. "Because our whole idea, you know, is the ancient Greek model: the sound mind and the sound body—not just the athletics but also to encourage them through educational activities."

The Hollenbeck Youth Center's mission is to provide inner-city youths an option: sports recreation as an alternative to the streets. "Doc" Lawsen, a soccer specialist, awards medals.

The Games are helping youth like Omar Ruiz, 16, who moved to Los Angeles from Mexico as a child. Ruiz has participated in two Games, winning medals in basketball and baseball. When he sees other kids on the streets, Ruiz tells them to "get involved in the Games, come play at the Hollenbeck, get an education." He dreams of becoming not an Olympic star, but an attorney or accountant.

Although only in its second year, the Essay Contest (the Games' educational component) received more than 1,500 entries. At a special ceremony, first-place winners were awarded $500 cash prizes. Emre Christina Wilson, with an essay about "Three Wishes" from Aladdin's Lamp,

continued on page 73



"Sports is the universal language that these teenagers speak," says Hernandez, who believes that an impact made at the grass-roots levels "will last forever."

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

A WALTONS' CHRISTMAS

It had to have been not only the worst idea she ever had . . .
but the worst Christmas in the history of holidays.

by Erma Bombeck

Illustrated by Don Trawin

Saturday: 11:05 a.m.

"I need the phone," I said, as I checked my watch nervously.

My daughter looked disgusted, gave her goodbyes, and hung up.

"What's the emergency?"

"I always call Grandma at 11 every day. It will only take 12 seconds. Trust me," I said as I dialed.

"Mother, how's . . ."

Grandma: "Fever's down, cold gone. Instant relief. You?"

"One bedrm., l.r. to go. Going out?"

Grandma: "Yes."

"Dad?"

Grandma: "One birdie, one bogey, two beers. Serviceman arrive?"

"Negative."

Grandma: "Heard from B.R. Tues."

"Who's B.R.?"

Grandma: "Letter to follow. This is costing you a fortune. Love you."

"Ditto."

As I hung up, my daughter said, "That's the most incredible conversation I've ever heard in my life. What's the hurry?"

"Ever since Grandma found out I'm a toll charge and it costs 12 cents to call here, she's been talking like a want ad."

"And you call her every day!" she said incredulously. "What do you have to talk about?"

Calling one's mother is a phenomenon few people can understand . . . unless they're a daughter. A need for your mother develops the same day you come back from your honeymoon. I can honestly say I never knew Mother at all until Ma Bell came into our lives.

It took the daily phone call to learn that her secret pie crust came from a secret box in the supermarket. I had to discover by a slip of the tongue that she hid her billfold in the refrigerator in the vegetable crisper because only junk food addicts would rob a house in the first place and would never look under the lettuce.

One day she surprised me by commenting on how kissing on television bothered her. She said they always looked like they were chewing on a ham sandwich and bit down on a piece of fat they were trying to get out. Another time she admitted that when I was six months old, she was bathing me and I fell off the table. She never told anyone, in case I wasn't "right," and she didn't want to take the blame for it.

"Grandma's a neat lady," observed my daughter. "I think I always remember her best at Easter. Remember how she used to bake a lamb cake smothered in coconut with jellybean eyes . . . and the cream-filled eggs three times our weight?"

"You bounced off the walls for three weeks. Then she started to hide hard-boiled eggs," I smiled.

"And after awhile she got a little fuzzy as to where she laid the eggs, and along about July or August, when Grandad would cut the grass and grind up a three-month-old egg, it smelled like the bottom of a septic tank. It was Grandma's finest hour."

"I would disagree. Grandma's finest hour is the parade of the boxes at Christmas."

"Is she still saving all those boxes every year?"

"You, who got a ring in a rectal thermometer box last year, have to ask that!" I said.

"Where does she store all of them?"

"You've seen her at Christmas. She's like a minesweeper. No sooner is the paper off the present than she is winding the ribbon around her finger and smoothing the creases out of the wrapping paper. Then she stacks them like Russian dolls, takes them home to her closet, arranges them by size, and waits for all of us non-box savers to grovel.

"You should see her closet. If Tutankhamen's mother had a tomb, this would be it. You've never seen such a box glut in your life. One year I tried to borrow one of her boxes, and she reminded me that I jammed an afghan in one the year before and broke down the sides. I said, 'Mother, I'm begging,' and as she handed me one off the shelf said, 'Tell me what time it is to be opened, and I'll be there.' "

"We talking Grandma?" said my son, joining us.

"Umm, we have to sit down sometime and figure out what we're doing for Christmas."

"What's to figure out?" said my daughter. "We all come home Christmas Eve, decorate the tree, open the presents, eat ourselves into a coma, and it's all over."

"Wait a minute," said her brother. "Tell me Mom isn't planning another Walton Christmas." I tried to laugh with them, but the sound stuck in my throat.

"Admit it, Mom," said my daughter. "That had to have been not only the worst idea you ever had . . . but the worst Christmas in the history of holidays."

I remember the exact moment the idea began to form . . .

It was Christmas night in 1979. I

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

was under the tree and had just opened a box containing six shrimp forks. It was a gift to me from Harry. Harry was our puppy. My husband sat in a chair comatose watching "Bowling for Beers." Tinsel hung from his ears, and lights circled his head. We had decided to leave him decorated through New Year's before we took him down.

A bird that we had plugged in to hear his light-hearted sound chirped every three seconds. I grabbed it by the throat and began choking it to death.

The kids were riding cardboard boxes down the hill in the snow. The new sleds were under the tree.

I asked myself, "Is this what Christmas is all about?"

Is Santa Claus just a seasonal pitchman who arrives by helicopter, sells cat food, passes out samples of Monterey Jack in the supermarket, and hustles to those 55 or over without a physical?

Has communicating with friends come down to the Christmas Newsletters Annual Barf-Off? Did I have to know that Elrod was sleeping dry at three weeks or that Estelle's 90-year-old father just stiffened in her arms and died during dinner last summer? And what about the fruitcake disciples who came out of the woodwork every December to have you put your hands on their 90-pound bricks of fruit, look skyward, and shout, "Hallelujah!"

Did anyone care that we ran ourselves ragged to compete with the woodworking teacher next door who hoisted a large sleigh on his roof, had 500,000 lights surrounding his house, and was shown on the 11 o'clock news with

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

traffic snaked back to the freeway?

How far would we go to satisfy the Goddess of Greed? Parents are such yaps. Every year we gather our children around our knees and inquire, "What do you want for Christmas this year, Sweetheart?"

An infant who has no control over his bladder, is unable to feed himself, and cannot focus both eyes in the same direction says clearly, "I want the Rattell Pirate Ship, Catalog No. 90456, made of nontoxic superconstructed balsa and equipped with a two-masted square rigger, a crew of 14, a dinghy, treasure chest, cannons, adjustable sails, working anchor, derrick for hoisting, and a crow's nest, cost $185. Don't accept a substitute. Look for the store in your area on channel 4."

I remember one year when all about me my friends had goals of working for peace and restoring America to a place of trust. You know what my goal was? Finding a doll for my daughter that drank milk, burped, rolled its eyes, said "I'm sleepy," and then deposited something very disgusting in its diaper.

When our children speak, we listen. When they cry, we start the motor of the car. When they threaten to stop breathing, we salivate, grow fur, and become predatory.

I was sick of rummaging through "kinky" little boutiques for my teenagers where I was the only person wearing shoes. Sick of being overdosed by incense and waited on by a guy with a ring in his nose and a tattoo of a snake on his tongue.

I grabbed a handful of tinsel and, lifting it with clenched fist, shouted, "I promise by all that is holy, I will never observe another Christmas without meaning."

❄ ❄ ❄

By the time Christmas rolled around the next year, I was ready for it.

"Going to the cabin for Christmas is going to be wonderful," I said to my husband. "We can bake from scratch, light by candles, and heat by firelight, and what we don't have we'll live without."

"You have just described the Depression," he said dryly.

"I have just described the Waltons at Christmas. And look what a long run that family had. What made them so special was that they bought nothing. Every gift to one another was something they made with love and homemade paste. I bet there is creativity in this family that hasn't been discovered yet. Every gift exchanged this Christmas will be made from loving hands. The first thing I'm going to do when we get to the cabin is go through the forest, gather walnuts, and bake fruitcakes."

"We'll need some x-rays and lab work, of course, but first let's start with a shampoo."

"You hate fruitcake."

"So what? If no one eats them, we'll use them to extend the patio after Christmas."

There was no deterring me from my excitement to stage a noncommercial, back-to-basics Christmas that our family would remember the rest of their lives. In theory, it should have worked. I sent the boys out to chop down a live Christmas tree in the forest behind the cabin and set about creating those wonderful Christmas smells from the kitchen.

My mother dumped a glass of jelly into a saucepan. When I asked her why, she said she needed the glass to glue yarn around for a pencil holder. She reminded me the jelly cost $1.19, the yarn $1.50, and the glue $2.00, and for that she could have bought a gold-plated pen and pencil set from Bloomingdale's.

One child headed toward the bathroom with a bag of twine and a book, *How to Macramé*.

The boys returned in no time at all in a sheriff's cruiser. They did not have a permit to cut down a tree. The good news was that they were armed with a serrated bread knife, so the ranger did not take them seriously.

The smells were beginning to permeate the kitchen. Smells of wet paint and paste from unfinished gifts.

I sent the boys into town to buy a tree and set about decorating the cabin the old-fashioned way . . . the mantle with pinecones, and, on the outside of the window, I hung some little birds I had bought in the dime store. I poured wax into milk cartons and popped some popcorn to string the tree.

The boys returned with a tree that looked quite ill. There was no "good side." We tried to simulate snow with paste and water and ended up throwing globs of it on the branches. It looked like a relief station for gulls. They ate the popcorn before it got to the thread.

I lit the homemade candles, which melted before I got the casserole to the table. My husband couldn't get the fire started. He was passing the hat begging for drivers' licenses and blank checks.

The dog ate a pine cone and was throwing up.

It started to rain, and the little birds I had put on the tree outside started to unravel. It looked like their intestines spilling out, and was not a festive sight.

Somehow I didn't remember the Walton kids sitting out in the car with the motor running, with rock music on the radio until midnight, running down the battery.

This had to be the worst Christmas Eve of our lives.

And all I had wanted was to hear the chimes . . . like the little boy in the classic story who followed in the footsteps of kings and rich men who put gifts on the altar to hear the chimes ring out. The chimes were silent until he took off his coat and put it on the

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

altar because it was all he had to give. It had been so long since I heard them ring.

Early Christmas morning, I tiptoed out into the living room. The fireplace was dark and cold. The tree was slipping away from us fast. The gifts were a ragtag collection of clumsily wrapped packages . . . some in newspapers, some in plastic bags.

The family drifted out and took their places on the sofa and the floor.

The first gift to be opened was from my husband to one of his sons, who was thinking of becoming a teacher. It was the only copy of his doctoral dissertation. It had taken him a year to write it.

My mother had painted a picture of the cabin on a piece of wood. She had just begun to paint the past year.

There was a home-crafted bird feeder, wall plaques decorated with macaroni, crocheted bedroom slippers, and a recording of our family around the table at Thanksgiving that someone had made. There were shelled nuts, pillows, and dolls with yarn hair. And who will ever forget that dramatic moment when my son emerged from the bathroom with a macramé planter holder and hands that went with it because he didn't know how to end it?

Then, each of the kids produced an ornament they had made for the tree. A Christmas bulb out of cookie dough . . . a Styrofoam apple with a rubber worm coming out of it . . . a small pie pan decorated with ribbon and a picture of the Blessed Mother and the Christ Child pasted on it.

As they hung them on the tree, the branches somehow became fuller and, from nowhere, a hundred lights seemed to sparkle. The fire in the fireplace took hold and suddenly burnt brighter, and the candles got a second life and glowed. For a second . . . and only a second . . . we not only found something we thought we had lost . . . but I heard chimes.

❄ ❄ ❄

The clock in the living room brought me back to reality. It had just turned noon.

"Can you believe Mom still has those crummy little ornaments we made?" said my daughter.

"And guess who gets their ornaments on first?" said my son. "The one who created the pie tin with a

continued on page 73

Now Try One of the World's Most Advanced Hearing Aids...Risk Free!

If you or someone you love suffers from a hearing loss, then you know how annoying, frustrating and embarrassing that loss can be. Watching TV, listening to the radio or being in crowded or noisy areas can be sheer misery. Even a mild hearing loss takes much of the pleasure out of your life.

Tiny, Lightweight And Amazingly Effective!

Now you can hear remarkably better with the EXCEL-1000. Instead of merely amplifying sound, the EXCEL-1000 *automatically adjusts tone characteristics and limits ultra-loud sounds,* so you can understand more of what you hear. The EXCEL-1000 is so small and lightweight that you may forget you are wearing a hearing aid.

Enjoy Hearing for Less Than $400!

The EXCEL-1000 price is low because it is sold in high volume exclusively through the U.S. mails. You save hundreds of dollars on a quality, all-in-the-ear hearing aid with Class-D integrated receiver. *You also save for years to come, because the battery life is over 300 hours* – twice what you would expect from most hearing aids.

"Thank you...for the best hearing aid I have had in my 12 years of wearing aids – the EXCEL-1000 is great."

F.C.O., Great Falls, MT

The Sounds of Life – Risk Free

We are so confident that the EXCEL-1000 will work for you that you have a *full 30 days, at no risk, to try it.* No salesperson will visit you. If you are not completely satisfied, we will refund your money in full. You owe it to yourself and your loved ones to enjoy the sounds of life again. ***Send coupon today for FREE details.***

©EXCEL, 205 N. 2nd St., DeKalb, IL 60115-0586

EXCEL HEARING SOLUTIONS
205 North 2nd St., Dept. 68–3–44
DeKalb, IL 60115-0586

SEND NO MONEY

☑ **YES!** I want to improve my hearing. Please rush me details on the EXCEL-1000. I understand there is no obligation and no salesperson will come to my door.

Print Name _____

Address _____

City _____

State _____ Zip _____

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

HOW TO TIE A BOW TIE

If at first you don't succeed, counsels this prominent college educator, tie, tie again.

by Thomas Ehrlich

Tying a bow tie is easy—no more complicated than solving a simple differential equation. First, take the bow tie in both hands and put it around your neck under the collar of your shirt. Next, take the ends of the tie in each hand. With your right hand, wrap the right part of the tie over the left part, bringing it up under the left part and making a loop.

Be sure the two ends of the tie hang down evenly. Take the end of the tie that was the left (and is now the right) and the end of the tie that was the right (and is now the left) in your left hand, and with your right hand, make a bow with the right-hand part. With your left hand, grab that bow, and with your right hand, wrap the other end of the tie around the back of the bow underneath the loop that is made and pull the tie through the loop.

Even out the ends. Then cut off the mess that you have made with a sharp knife, being careful not to slit your throat. ▲

Thomas Ehrlich, president of Indiana University, always wears a bow tie.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Peddler Came Adriving

continued from page 43

house changed completely. Up till now there'd been a vortex of fast-moving excitement whirling onward toward today, comings and goings, lists and conferences, exchanges and last-minute trips and more last-minute trips, and Mother saying she'd never be ready. But now the tempo was entirely different; all arrangements were now complete, and there remained only the quiet expectancy.

Pop came downstairs, wearing his stiff-bosom shirt, studs, and fancy black vest; he was pulling on his arm bands, and I thought how strange it was that a man who gets real dirty at his work always looks cleaner than anybody else when he's washed up; and when Pop combed his hair, flipping the heavy front lock up and across the grain of the other hair, and put the comb in the holder under the mirror, he certainly made a fine figure of a man, as Mother often remarked. He sent me up to Turner's for six good cigars—those four-for-a-quarter specials, he said, 'long as it was Christmas Eve. He settled in his rocker by the kitchen stove and said he guessed he'd just let things roll on.

There was a ritual in our house, the Eve of Christmas. The parlor and middle room portieres were opened, for the parlor stove was lit, and Mother and Aunt Louise made a hundred stealthy trips up and down the carpeted stairs. The hall door was shut against the upstairs cold, but Grandmom admitted that downstairs was right toasty, and the lamps shone with a thick glow, yellow as butterscotch, so thick I felt I could scoop some up in my cupped palms, like catching a dozen lightning bugs.

My younger brothers were in bed early, and at nine Pop enthroned himself in the parlor, we presented our gifts, and he made a fuss over each, dropping the paper wrappings around his chair. Then Mother handed him a package, saying, "This is from you to Grandmom." Another package. "This is from you to Louise . . . . And this is from you to this young fellow . . . . And this's from you to me—besides the picture, I mean." And Pop laughed and exclaimed admiringly at each, and there was no faking his surprise, for he never knew what Mother got for him to give to us, and then everybody was saying, "Just what I wanted." . . . "Oh, boy!" . . . "I certainly can use this." . . . "Isn't that sweet?" and we all got our gifts mixed up in the wrong piles, and Pop's cigar smoke sucked under the globes, up along the lamp chimneys, and floated lazily, as though it hated to leave. Mother's thick hair was piled extra high tonight; she wore a present from herself to herself, rhinestone back and side combs; her face was flushed with contentment, and the shopping rush was forgotten.

My younger brothers weren't asleep, so Pop slipped upstairs and whispered huskily, "Kids, guess what! I just came down the hill, and up at Lou's corner whatta you suppose I saw? Kriss Kringle and his reindeers swinging down Green Street! He's got wheels under the sleigh and he turned into Arch Street, so he oughta reach these diggin's anytime now. Get them covers up tight and drift off, or you'll find hoof shavings in your stockin's sure as water runs downhill."

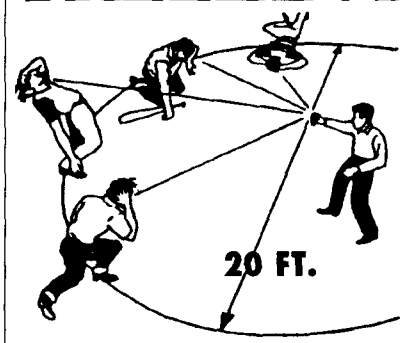
Jake was holding a Christmas Eve party in honor of the peddler, and Pop made two trips out to the shop, but shadows were flitting all over the place, and I couldn't see much through the sooty window. The Pattersons and Millers paid a visit, and while the women compared presents, Pop took the men out to the kitchen to see the hen he had setting under the sink. They all had a brandy, and getting a quick drink of water, they made faces at the spigot. Pop passed around cigars, and he tried out his new meerschaum, and about 11 he called across the alley to Jake. Jake hollered something I couldn't catch, and the men trooped out the back way to the shop. Three stable bosses were there, and the peddler, too, of course. Only one gas jet was lit, and the back of the shop was in deep shadow.

Jake said, "Tarry a minute, people; tarry a minute," and he disappeared behind a blanket stretched across one corner, and straightway a bright star shone high in the corner, a star hanging on a rung of the climb-up to the pigeon loft; and when Jake pulled the blanket aside, we saw he had a candle rigged in front of a mirror to reflect the light against the star, which was cut from the inside of a new tobacco tin.

The corner was decorated with strung popcorn, old tree ornaments, and spruce branches, and the stable

continued on page 67

STOP
ANY ATTACKER
SAFELY WITH
FREEZE+P™



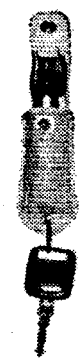
★FREE★
Lifetime Refills

20 FT. CIRCLE-OF-SAFETY

- Stop Multiple Assailants instantly and effectively.
- Effective as a bullet, without the dangers of a gun.
- Produces crippling effects for 20-30 minutes with no permanent harm

Most Effective Chemical Defense Weapon on the Market Today

Same Super Formula used by police and military. 1% pepper gas and 1% CS Tear Gas Formula instantly drops attacker, rendering him helpless. Invisible dye marks him for 48 hours.



Safe and Smart

High-power, precision stream defends you from a safe distance. Safety catch keeps it safe around children. Harmless and legal with no after effects

ORDER NOW!!!

1 FREEZE+P (Shown)
20 ft. circle-of-safety: $19.95 - + $2.05 shipping and handling. Florida residents add 6% sales tax. Rush delivery add $1.00.
Buy 3 - get 4th one FREE !!
Mail checks / money orders to:
FREEZE+P , 8362 Pines Blvd.,
Suite 336, Pembroke Pines, FL 33024
Credit Cards: 1-800-833-9939
SATISFACTION GUARANTEED
MasterCard AMEX VISA
Sorry, no C.O.D.'s
For fundraising info. call 1-800-833-9939
Void where prohibbited by law.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"Understanding THE TEN COMMANDMENTS"
A fresh and inspiring modern-day examination of God's guidance for our behavior. Easy listening 1-hr. cassette. Great teaching aid for both Sunday School and Adult Bible Study classes. Appeals to ALL ages. Great gift for the Bible reader! **$14** (Guaranteed).
Rev. Glenn's Missionary Ministry
546 Briarwood Rd., Venice, FL 34293
Bonus! 45-min. "Ye Shall Know the Truth..." tape FREE with order. ($10 value)

BOSOM BUDDY

External Breast Form
The most comfortable prosthesis a mastectomee can wear
Free Brochure
Women who wear the Bosom Buddy breast form enjoy cool comfort at a modest cost. Doctors are telling their patients about this alternative to silicone prostheses. No need for special bra...fits inside regular bra...all fabric and weight adjustable.
MONEY BACK GUARANTEE **Medicare Approved**
1-800-262-2789
B & B COMPANY, INC., Dept. S040
2417 Bank Drive - PO Box 5731
Boise, Idaho 83705-0731

Rare Wood Egg Collecting
Over 150 different woods from Africa, India, Mexico, Brazil, Middle-East, Asia, USA.

Send $1.00 for brochure & price list.
WOODS OF THE WORLD, INC.
897-K North Bend Rd., Cincinnati, OH 45224

GIANT CAST IRON PIGGY BANK
only **$16.95** plus $4.95 shipping
An inspiration for savers — *and* collectors! A most unusual door stop or hearth decoration too, as this hog is made from 100 year old antique foundry moulds. Not your everyday, run-of-the-mill piggy bank — he weighs a hefty 4 pounds and is nearly a foot long. With his voracious appetite this amazingly realistic porker can hold hundreds of dollars. Check, MC, Visa. NJ res. + 6% tax.
Special: two for $32.00+$8.50 shpg
ESSEX HOUSE
Dept. P9-3P , Rahway, NJ 07065

Need a cleaner to remove lime, rust, and scale deposits from your bathroom?

Try Power House® Lime Remover. It's from the makers of Bar Keepers Friend® Cleanser. Power House has a fresh citrus scent, contains no phosphates, and is safe for septic tanks. Call 1-800-433-5818 for the store nearest you or to order direct.

The Perfect Gift

You and your family will enjoy hours of good, clean fun laughing at more than 450 cartoons from your favorite Post cartoonists. It makes a great gift, but be sure to treat yourself to one first.

Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206-0130

Please send ____ ***The Best Cartoons from the SatEve Post*** book(s) @ $9.00 each.

Payment enclosed VISA MasterCard

Card#_____ Exp____

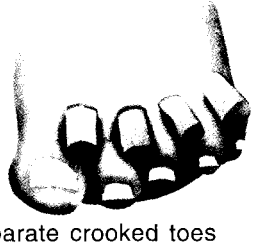
Signature_____

Name_____

Address_____

City_____State___Zip_____

Allow 4 wks. for delivery. Ind. residents, add 5% sales tax.

Pamper your toes now, and they won't deviate on you as you grow older!

* Separate crooked toes
* Stop pinching and cramping
* Absorb pressure and friction
* Doctor recommended

3 sets of cushions for $4.99

Fast service—Call 1-800-621-9355
The American Foundation for Preventive Medicine, P.O. Box 1144, Indianapolis, IN 46206-1144
___ order(s) (3 pairs per order) Toe Cushions @ $4.99 + $1.00 p&h
VISA MasterCard Exp. date_____
Card #_____
Signature_____
Name_____
Address_____
City_____
State_____Zip_____
4-6 weeks for delivery. IN residents add 5% sales tax.

Post Sampler

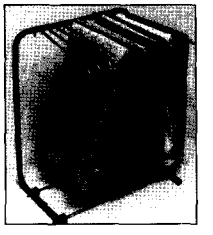
Rare Wood Egg Collecting

Over 150 different woods from Africa, India, Mexico, Brazil, Middle-East, Asia, USA. Send $1.00 for brochure and price list. Woods of the World, Inc., 897-K North Bend Rd., Cincinnati, OH 45224.

Cotton knit sleep cap

Holds in up to 40 percent of body heat a bare head can lose! Fits any head: never constricts. Snow white or soft blue. Only $5.95 or 3 for $12.85 ppd. (save $5.00), if you order promptly! Wittman Textiles, Dept. 145, Hobe Sound, FL 33475.

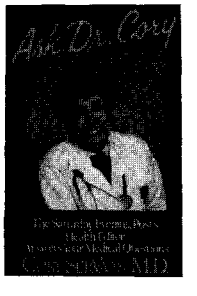
Rolling slack rack


Hangs pants in unused space under shirts in closet. Easily rolls out. 12 vinyl-covered arms keep slacks wrinkle free. Enameled steel rack, plastic rollers, 18" x 26". Easy assembly $15.99 + $4.25 shpg.; 2/$30 + $7.50 shpg. Essex House, Dept. P11-3E, Rahway, NJ 07065.

Personalized Mugs

Send us your favorite photo, drawing, or business card and we'll reproduce it in color (business card in black and white only) on the side of an attractive kiln-fired 3¾" H mug. Dishwasher and microwave safe. Photo will be returned. Allow 3-4 weeks delivery. $14.95 + $2.75 p&h. Holst, Inc., Dept. SPM-1193, P.O. Box 370, Tawas City, MI 48764.

Ask Dr. Cory



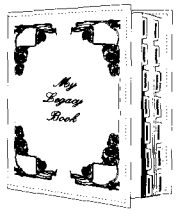
This book by Dr. Cory SerVaas, health editor for *The Saturday Evening Post* tells you in layman's language how to relieve discomfort, protect your health—even save your life. Get the 178-page softcover book for just $6.45 (p&h included). Send to Armchair Shopper, Dept 693, P.O. Box 130, Indianapolis, IN 46206-0130.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

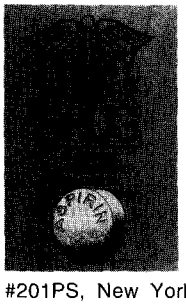
Post Sampler

Does your pet suffer?

Dry, itchy skin? Allergies? Loss of hair? Hot spots? Weak hindquarters? Lack of the B vitamin is often mistaken for allergies, flea bites, or attributed to old age. Itch-Ex is a concentrated biotin feed supplement with other vitamins and minerals in a tasty, yeast-based powder. At pet shops, health food stores, or by mail or phone order. Nickers International, Ltd., 1-800-642-5377.

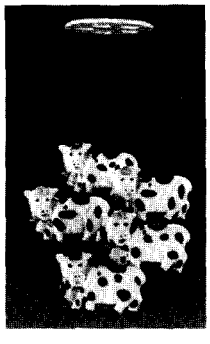
Live Forever!

Tell your story, write your advice, share your favorite literature, politics, scriptures, and more. Don't wait! Send for the *best* user-friendly diary you'll ever find. See the May/June '93 Saturday Evening Post (p. 71) for My Legacy Book, $36.95 + s & h + tax for CA residents. Legacy Concepts, eb, P.O. Box 70425, Pasadena, CA 91117-7425.

Aspirin may help you avoid . . .

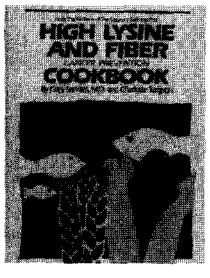


. . . heart attack, stroke, colon cancer. *Penny Wonder Drug*, a new book based on authoritative medical research, reveals how. It may save your life and the lives of your loved ones! Only $12.50 postpaid. The Consultant Press, Ltd., 163 Amsterdam Ave. #201PS, New York, NY 10023. Credit card orders—call toll free: 1-800-366-4004.

Cow Wind Chimes



These Holsteins draw plenty of cow-ments! Hand-painted, ceramic cow measures about 4" in width. The whole herd adds interest to any home. Ready to hang. Just $9.97 + $2.85 shpg. or 2/$19.50 + $3.45 shpg. and save! Holst, Inc., Dept. SPW-1193, Box 370, Tawas City, MI 48764.



High-Lysine and Fiber Cancer Prevention

This cookbook offers a high-fiber and low-fat diet. 120 pages, 7" x 9" soft-cover. Only $6.45 ppd. Armchair Shopper, Dept. 693, P.O. Box 130, Indianapolis, IN 46206-0130.

Peddler Came Adriving

continued from page 65

bosses crowded around Jake's Christmas scene, fenced low with planks; he beckoned us closer and we looked in. And there was the reason Pop and Mother'd been so mystifying all week, for they had known what I hadn't, because lying in deep straw in the center of Jake's Christmas scene was a motionless black colt. The peddler's horse had had a colt. A colt so black his outlines were almost lost in that dark corner, and on his forehead was a white patch just like his mother's. Pop was smiling, looking sidewise at me, and I knew this was the surprise I hadn't found in all the closets or down in the cellar or in the kitchen shed.

Behind the colt were the gifts the stable bosses had brought, just to please Jake—a miniature nose bag, a halter of colored cord, and a diminutive blanket, complete with breast buckle and belly strap, and tacked on the wall, from Jake, were four shoes small enough to fit a nanny goat. The colt blinked, twitched his ears, and wagged a ridiculous stump of a tail. We all walked and talked softly, for fear we'd alarm the little horse, and maybe because of other reasons, too, which we couldn't explain. Pop and the others kept to the shadows, but the peddler and stable bosses grouped within the brighter circle cast by four candles Jake propped in the shoeing box, and in the wavering light, two wisps of breath came from the colt's nostrils as he lay in his first straw bed, aloof from all the world, wrapped in his tiny, brand-new thoughts. Jake and the bosses and the peddler were so intent, staring at the colt, they'd forgotten us completely, and the mare's restless stamping punched ripples of sound in the stillness.

The bearded Jake, leaning on his broom, and the longer-bearded peddler, grasping his own chin, stood entranced, eyes shining in the candlelight that reflected glistening pools from the eyes of the newborn horse, staring back, and for a few moments none of them stirred a whisker, the tableaued moments focused and held fast by Jake's star high in the corner and the intent silent attitudes of the old bearded men.

Our shop had first been a stable,

continued on page 69

Close to Your Heart
One-of-a-kind Scarves

Created to match your personality. Handpainted with quotes, poems or sayings from Will Rogers to William Shakespeare, Biblical to Americana. For brochure, call **EZTEEM.**

(800) TO-S-TEEM dept. s

Better Way To Sleep

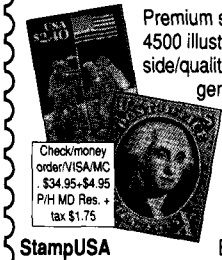
Pure Cotton Knit TeePJ's™
Tee-PJ's resemble a T-shirt, but over a foot longer. Special knit gives when you move, eases up when you relax. No bind, no bunch, no chafe, no buttons, no ironing. **Most comfortable sleeper you've ever worn or money back!** (Great for Ladies, too.) Choose snow white or soft blue. S-M-L-XL (To ensure best fit **include height-weight.**)
ORDER NOW, while prices include postage!
$17.95 ea. 2 for $29.85 (Save $6)
Long sleeve style (not shown)
$24.50 ea. 2 for $39.95 (Save $9)
WITTMANN TEXTILES
Dept.144, Hobe Sound, FL 33475
Shipments to Florida add 6% sales tax.
NATURAL FIBER SPECIALISTS SINCE 1955

4 WHEEL BIKE
DRIVES LIKE A CAR!

- Easy to Pedal • Fun
- Comfortable • Stable
- Golf Bag-Cargo Carrier
- 1, 2 & 4 Seater • Street Legal

Free Literature 24 hr. 1 (615) 822-2737 Ext. 8281
RHOADES CAR DEPT. 8281 • 125 RHOADES LANE HENDERSONVILLE, TN 37075

U.S. Stamp Album
AMERICA'S STORY TOLD THROUGH STAMPS



Premium stamp collection album. 4500 illustrations/230 pgs./one side/quality paper. Gold embossed genuine leather binder. All major issues 1847-1993. Includes 100 stamps/protective mounts. Guaranteed.

StampUSA Box 4255 • Dept. 100
Frederick, MD • 21705 • **1-800-782-6720**

Learn ways to tackle tough cleaning problems with a thoroughly researched **Stain Removal Guide**. Includes money-saving coupons.
For a free guide, call
1-800-433-5818

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Classified Directory

Rates for classifieds: 1-time insertion, $8.00 per word; 3-time insertion, $7.75 per word, per issue; 6-time insertion, $7.50 per word, per issue. For further information, contact: Karen Smith, 1100 Waterway Blvd., Indianapolis, IN 46202. Phone: 317-636-8881. ***Payment must be received with order.***

Antique Stocks Wanted

FREE POSTER...YESTERYEAR CLASSICS reproduced ANTIQUE AMERICANA ART. Send name and address to 1349 Bonair Dr., Vista, CA 92084. 619-724-0515.

Stocks, Bonds, Autographs, Baseball memorabilia, cards, political pins, ribbons, banners wanted. High prices paid. Paul Longo, Box 490-J, South Orleans, MA 02662.

Books/Publishers

Cartoon Markets, S.A.S.E., 90 West Winnipeg, St. Paul, MN 55117.

The Art of Whistling—Just published. Uniquely written, illustrated. Only $4.95 + $1.25 special handling (Outside USA, add $1.75 postage). Whistlers International, P.O. Box 21635, Sarasota, FL 34276. Call 1-800-952-0480.

Manuscripts wanted. Subsidy publisher with 70-year tradition. Call 1-800-695-9599.

Publish your book now! You have messages that can change people's lives. You have a burden to publish. Don't let finances stop you! Properly managed, your book ministry more than pays for itself. We can show you how. Call us now. Companion Press: 717-532-3040, FAX: 717-532-9291.

Business Opportunities

WE'LL PAY YOU TO TYPE NAMES AND ADDRESSES FROM HOME. $500.00 per 1,000. Call 1-900-896-1666 ($1.49 min./18yrs.+) or write: PASSE - XSE1193, 161 S. Lincolnway, N. Aurora, IL 60542.

Catalogs

FREE CATALOG—An outstanding assortment of fine western jewelry, gifts, and collectibles. 1-800-948-3100 ext. 128, J. Marco Galleries, P.O. Box 361084, Dept. 128, Strongsville, OH 44136. FAX: 216-846-9100, c/o Dept. 128.

Record Cassette CD Catalog, $2 refundable. TV albums, Country, Gospel, Easy, Big Band, more. BNJ, Box 5005, Brentwood, TN 37024.

Hundreds of consumer bargains, send .95¢, get catalog, gift certificate. 16209 Main , Hesperia, CA 92345.

Cookware/Cutlery

Professional Cutlery Direct. 1-800-859-6994. Fine European kitchen cutlery at great prices. Victorinox, Forschner, Sabatier, Wonderful gifts.

Education/Instruction

Cartoonerama teaches cartooning in a 24 lesson correspondence course. Write or call for free brochure. Box 854 (S) Portland, ME 04104 207-773-5040.

Gardening/Plants

Carnivorous (insectivorous) plants, seeds, and supplies. Peter Paul's Nurseries, Canandaigua, NY 14424.

Gifts

A unique birthday gift! Send someone a "Do-it-yourself Happy Birthday Kit." Humorous; personalized. 800-959-9409.

"...And here's our own Liz Rafferty, just back from the stores with a few last-minute shopping suggestions..."

Health Aids

SSA Disability Benefits: AIDS? Heart attack? Low-birthweight baby? Information/consultation 1-900-446-4583; business hours. $3 min.; average 5 min. 18+.

Halitosis? Odor-Gone is an internal deordorant. Call AFPM at 1-800-433-5818.

Health/Fitness

Discover untapped visual potential! See sharper, clearer, in minutes! With Personal-Vision-Trainer® audio cassette & charts. $19.90 VISA/MC 1-800-566-5341.

Notices/Personal

Restore Credit—Abolish Debt! Clear instructions, $12.95. Rostock Publishing, P.O. Box 343, Forest Grove, OR 97116.

Should Christians circumcise their children? **"Circumcision and the Believer"** provides informative, Biblical teaching, health principles. $5.00 to Box 718, Manotick, Ontario, Canada K4M 1A6.

Asian Penpals! P.I.C., Box 461873-SE, L.A., CA 90046. 213-650-1994.

Celebrity-endorsed psychics, astrologers. Live. Friendly, accurate, caring. We want to help. 1-900-446-6995, ext. 420. As seen on TV. $2.98/min. 18+. Avalon.

Local Asian Females—They are here. In U.S. and Canada. Marriage minded. Gems of the Orient, 11220 SE Stark, Suite 9, Box 16634, Portland, OR 97216.

Christian Singles—Local, worldwide. Phone, mail introductions. Free information. Samples. Box 9020-A30, Van Nuys, CA 91409.

ASIAN PENFRIENDS! Sunshine International Correspondence, Box 5500-XH, Kailua-Kona, Hawaii 96745. 808-325-7707.

Japanese, Asian, European friendship! Inter-Pacific, Box 304-SP, Birmingham, MI 48012.

MEET FRIENDS WORLDWIDE! Free 32-page photo catalog! Cherry Blossoms, 190SV Rainbow Ridge, Kapaau, HI 96755. 408-980-7488.

Thai, Asian, Worldwide Penfriends! TAWL, Box 937P, Kailua-Kona, Hawaii 96745. 808-329-5559.

Religious

"Fed up with human religions? Original church started 2,000 years ago by the Lord Jesus Christ in Jerusalem." "Church," 5204-S Dallas, TX 75206.

The Lord's Prayer in ancient Hawaiian with English translation. Lovely for gifts or framing. $3.00. Leolani's, P.O. Box 330203, Kahului, Maui, HI 96733.

Self-Defense

Protect Yourself From Crime—100's of strategies by national expert. Free information, Thomas Publications, P.O. Box 1101, Birmingham, MI 48012.

Tapes

TITANIC'S FINAL HOURS. First hand account of the 1912 sinking plus radio interview. Ck. or M.O. to: Dennis Leslie, 9731 Acacia 6A, Garden Grove, CA 92641. Audio cassette $7.95 p.p.

Videos

Award winning video documents geological evidence supporting Genesis flood. Free brochure. Lanford Education & Development, P.O. Box 292768, Dayton, OH 45429.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Peddler Came Adriving

continued from page 67

and near the ceiling was a window that once had lighted a stall. One cold star shone through the dusty pane and the cobwebs and bits of straw swinging in the webs, and when the spell broke, Jake bent down and said softly, "Hello, little feller," and he rubbed the velvet nose and white-patched forehead, but the colt was too young even to sniff the old fingers that gave him his first fondling.

It was a half hour to midnight; there wasn't any snow, but a bright moon rode south of the shop and silvered the streets, tin roofs, and fences, and as we waited outside for the women, our breaths came out in frosty plumes, and then the bells started. First, St. Andrew's, uptown and far away, clear-ringing, fast and merry; next, the carillon of Trinity Church chiming in; then, from its dome on the hill, gleaming in the moonlight, the big bell of St. John's, slow-measured and sonorous, its strong beat like a great heart freighted with things long revered and remembered. The women came out, stepping carefully in their long skirts down the porch steps, and no one spoke, somehow, as we went up the street toward midnight, and when we got to the corner another ringing followed us—a sharp, melodious ringing; then hollow, muffled and low. Jake had the shop door open and was ringing out Christmas Eve in his own way, for he had Pop's ball-peen hammer playing on the anvil, switching from the ringing face to the mellow horn.

He played a little tune with the hammer ball and heel dancing on the anvil, and Pop laughed, pleased to no end, for to him that old anvil's clanging was pleasant as any bell, and even now, with the anvil silent a quarter century, Pop smiles and says he can still hear it, sometimes, especially from that long-ago time when Jake rang us off to midnight, particularly the way Jake ended his chiming, for he struck the booming horn with a measured beat—12 steady strokes.

And we heard the sliding door close on Jake and his little world—the stable bosses and the peddler, the mare and the little black colt with the white-blazed face, the star shining brightly down upon him.

Christmas Eve, the year of our Lord, Nineteen Hundred and Seven.

Solar-Powered **POOL PURIFIER:**
* Healthful, money-saving, hassle-free
* Utilizes NASA ionization technology - far more effective against algae than chlorine
* Portable. Inexpensive. Pays for itself, fast!

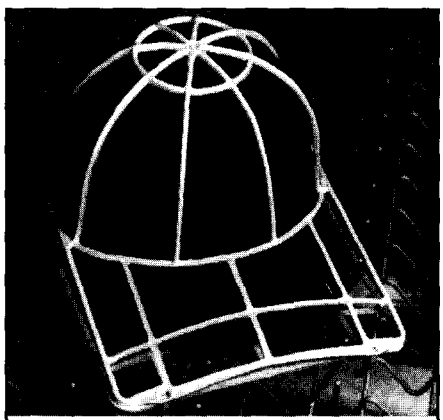
FREE INFO PACK: 1-800-959-5004, 24 hrs.

CHRISTIAN SENIORS

Now there's a magazine just for you. *A Better Tomorrow* covers faith, finances, health, travel, and more. Get an issue *free* by calling:

1-800-458-9944

(One year—four issues—just $17.95)



NOW! Clean Your Favorite Caps In Your Dishwasher!

NEW Ball-Cap Buddy allows you to wash your soiled caps in your dishwasher or washing machine! Simple to use, just place cap in the two-piece polypropylene frame and place on top rack of dishwashers. Will even clean wool caps in your washing machine! Cap Buddy can be used over and over to keep your whole collection of caps or visors clean! Gets 'em clean—keeps their shape! 6"H × 9"W. Great gift idea. Only $4.95 + $2.45 p&h. SAVE two for $8.50 + $2.75 p&h.

Send Check or M.O. 20 day money back guarantee.

HOLST, Inc. Dept. SP-993, 1118 W. Lake Box 370, Tawas City, MI 48764

SUPER SAVINGS on this LUXURIOUS
COTTON TERRY ROBE
for Men & Ladies

WRAP YOURSELF in this dream robe and feel the luxury of soft 100% cotton terry loops on both sides for greatest absorbency **& YEAR ROUND COMFORT.** • **SHAWL COLLAR** with full length sleeves • Generous **BELOW KNEE LENGTH (48")**

SUPER VALUE **- $49.50**
Save $10 - Get 2 for $88.00

GREAT FOR HIS & HER GIFTING
Postpaid if you order promptly!
SIZES to fit men & ladies from 100-250 lbs. Give height-weight/man-lady for best fit. Choose White or Soft Blue. (Ship to FL add tax.) *SATISFACTION GUARANTEED*

WITTMANN TEXTILES
Dept. A, Hobe Sound, FL 33475

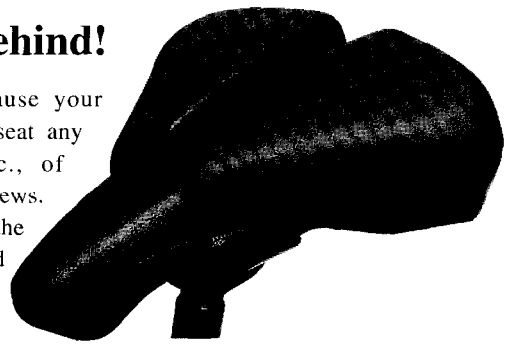
ROSEBUD SALVE

Since 1892 the most famous natural salve that is ideal as an aid toward the relief of **Chapped Lips** and skin, **Blemishes, Diaper Rash,** etc. Other quality products, **Smith's Mentholated Salve, Strawberry Lip Balm, Grandpa's Tar Soap, Cloverine Salve & Jewelry.** Send a stamped self-addressed envelope for a **Product Brochure.**

ROSEBUD CO., 6 N. Main St.
Box Woodsboro, MD 21798
Phone: 301-845-8788

Iron-deficiency anemia is a common problem, yet easily remedied with Femax, an iron supplement for women. 60 tablets/$4.99 + $2.00 p&h. The American Foundation for Preventive Medicine, P.O. Box 1144, Indianapolis, IN 46206-1144.

Be Kind To Your Behind!



If you've retired your bike because your bottom can't bear the bite of the seat any longer, Hobson Associates, Inc., of Reseda, California, has comforting news. The Biko Adjustable Saddle with the Rabican Horn has two foam injected seat pads on a carbon-fiber frame. The seat pads allow for five self-locking width positions that you can adjust. The saddle fits all bicycles and costs $49.95. To place an order, send payment to:

ARMCHAIR SHOPPER, P.O. BOX 130, INDIANAPOLIS, IN 46206-0130

____ Biko Adjustable saddle(s) @ $49.95 each + $5.95 s&h.

Check/Money order enclosed VISA MasterCard

Card #_____ Exp. date_____

Signature_____

Name_____

Address_____

City_____ State_____ Zip_____

Indiana residents add 5% sales tax. Allow 4-6 weeks for delivery. BKO1193

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Mel Gibson

continued from page 41

to go a bit slower and check things out more.'

"I've always been terribly impulsive, and I still am to a degree. But the day comes when you say to yourself, 'Gee, how could I have driven that fast? Why am I still here?' Your own mortality really comes into focus with kids and with your parents getting older (Gibson's mother died in 1990). But as an actor, you still have to be like a kid."

Today, Gibson flies his family to every filming location, from Maine to California, from Bangkok to London. He's learned to be comfortable in chaos. "If you're going to be a film star, which can't be very pleasant all the time, be Mel Gibson," says Michael Maloney, who played Rosenkrantz to Gibson's title character in *Hamlet* (1990). "Mel is well-balanced and happily married with six children who all seem normal, because they're very well brought up. And he's very funny."

Self-deflating humor is Gibson's specialty. "I like doing this stuff, and it matters to me. But what is acting? It's just kidding around, isn't it? If you try to take it too seriously, you'll spoil it for yourself. The minute you have to claw tooth and nail for it, you might as well give it up, or you'll start damaging other people."

A few years ago, when a magazine pinned the inane title "sexiest man alive" on him, his comment was, "That implies there are a lot of dead guys who got more points than I did." Another time, discussing poses with a Hollywood photographer who wanted a poolside shot, he cracked, "How about if I just walk on the water?"

Though not all his films have a humorous element, he has lately preferred roles where his playfulness can gain the upper hand. "I play a lot of characters who are close to the edge, so there's a lightness about them. That's why humor creeps into so many of my characters," he says. "If you can find opportunities anywhere to give your characters humor, it's probably a sign that you're enjoying what you're doing."

His *Lethal Weapon* character, Martin Riggs, started out suicidal, lightened up in the first sequel, and practically became one of the Three Stooges in the second sequel. Gibson got more laughs out of Hamlet's "antic disposition" (as decribed in the play's first act) than most actors do. *Forever Young* was less a romance than a romp. Even *The Man Without a Face,* which Gibson directed, had a few funny scenes. Also, watch out for Gibson as Bret Maverick in next summer's remake of the old TV series.

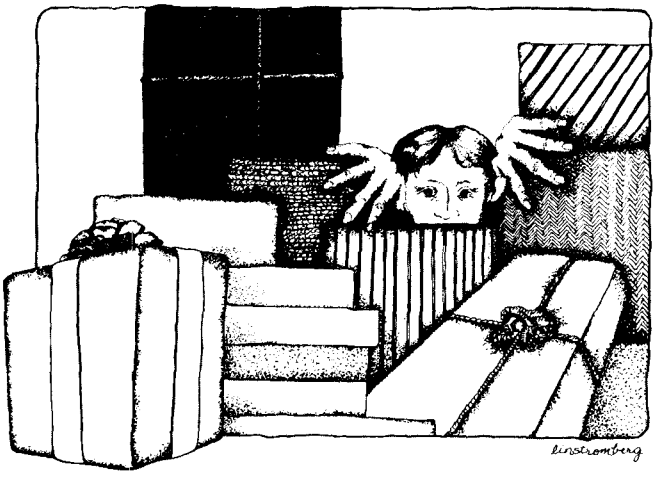
When Gibson chose to direct (which he describes as "like cutting up corpses, easy as wetting your bed"), he gravitated toward a story about a fatherless boy who finds a man to "teach the kid some things he needs to know." The theme of guidance and nurturing is close to Gibson's heart. His one aim as a parent is "not to raise a bunch of maniacs or people neglected by their parents. I just want to be there for them as much as possible.

"Having kids is very scary. They change your life. You realize you have to start acting a little responsible. It scares you. All of a sudden it hits you: Somebody's gonna call me Dad! Yet another tie, and it's not in the nature of men to want to be tied down to anything. It's the expectation of being tied down that scares you. But then you get to know the little creature, who . . . sometimes you wanna wring its neck . . . you become the servant of.

"They're imaginative and pretty wild. They love stories, the wilder the better. You put your imagination out there for 'em. Some of the most outlandish and horrible stories have been told."

However, sometimes is heard a discouraging word. He jokes, "You've got to like your own family. But they can drive you around the bend. I'm probably the only person in Australia who wears ear muffs in the summer." Gibson is a believer in corporal punishment.

"The important thing is to break their will, but not their spirit. They have to learn to be part of society and that they can't get everything they want all the time. But they also have to be ambitious enough to want things. I'm still trying to figure it out. I'll know in a few years if I'm doing it wrong."



The Perfect Squelch

Procrastination caused most of Emily's troubles. She never did today what she could shrug off on tomorrow, yet she always managed to be loudly indignant when time caught up to her. So the week before Christmas inevitably found her in a frenzy.

Meeting a friend during a last-minute shopping trip, Emily immediately launched into a long lament. None of her Christmas cards were bought. She had no presents ready. She hadn't done a bit of decorating. The stores were all crowded; the best merchandise had been sold off. She hadn't even thought about a Christmas tree. She simply didn't know what in the world she would do.

Her friend listened patiently until Emily paused for breath. Then, with pretended concern, she asked, "Why, you poor thing, didn't you know it was coming?"

—Mrs. James T. Peirce

Christmas

continued from page 36

with gifts and dainties, and a little hint from Saint Nicholas as to the appearance and character of their future husbands.

Saint Nicholas is the patron saint of Russia, and his festival used to be celebrated earlier in December than the 25th, but

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

It May Be $20 To You.

But To Her It's Christmas.

Your holiday gift to Operation Blessing can make a difference she and many others will always remember.

For just $20, you can treat 41 hungry hearts to Thanksgiving dinner, provide warm blankets to four shivering street people, delight two kids with Christmas toys, or bless four senior citizens with a home-cooked meal.

Plus, since 1978 more than 90 cents of every dollar donated to Operation Blessing has reached those in need. And matching funds will double or even triple the compassionate work of your gift! Last year, we brought smiles to the faces of 1,183,399 people during the holidays. Your gift will bring the joy of the season to many more this year!

Please Reply Before November 21!

OPERATION BLESSING
BECAUSE WE CARE

Call 1-800-730-2537 Today!

Or mail this coupon to the address below:

Yes, I'll help this Holiday Season with a gift of $_____.

❑ Enclosed is my check payable to "Operation Blessing."

I prefer to make my contribution by: ❑ Visa ❑ MasterCard

Card No. _____ Exp. Date _____

Sig. _____

Name (if charge, as appears on card) _____

Address _____

City _____ State _____ Zip _____

Telephone No.(_____) _____

Operation Blessing, 700 CBN Center, Virginia Beach, VA 23463

000367

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

now his name is synonymous with Christmas festivities.

The idea of Saint Nicholas traveling in a sleigh which was drawn by reindeer originated in the cold Northern countries. The reindeer were the swiftest animals known, and they must needs fly like the wind to carry Saint Nick the rounds of the world in one night.

In certain parts of Germany it was commonly held that on Christmas Eve the Christ child—Criss Kindlein, or Kriss Kringle—visited earth, and, as He passed over the houses, dropped gifts through the roof for the deserving and the good.

But aside from the customs which relate to gifts and the spirit of giving at Christmastide, there are several observances which are indissolubly linked with this time.

Christmas is never really Christmas without the holly wreath and the mistletoe. Christians venerated the holly, or holy tree, because to them the little thorny leaves and red berries made in a wreath typified the crown of thorns and the bloody drops. Doubtless they introduced this solemn reminder at the joyous festival in order not to forget the sacredness of the occasion in the general festivities.

The mistle bush, mistletod—or mistletoe, as we know it—owes its use as a festal decoration to pagan times. According to the Scandinavian legend, Baldur, the most beloved of all the gods, had a premonition that death impended. Thereupon, his mother, Frigga, besought everything that was begotten of earth, air, fire or water to swear not to harm her son.

But in her request she overlooked the insignificant little mistletoe. Loki, the god of destruction, disguised as an old woman, visited Frigga, and, learning of her oversight, hurried back to where the gods were assembled. There they were amusing themselves by hurling all manner of missiles at Baldur, and all were turned aside. But Loki, with an arrow made of mistletoe, pierced Baldur's heart.

In reparation, the mistletoe was given to Frigga to do as she saw fit, provided it touched not earth. And she, to show that she bore no ill, hung it up, and every one who passed under it received a kiss as a token that, instead of hatred and jealousy, the mistletoe now stood for love and forgiveness.

Among the Celtic nations the mistletoe was an object of veneration, and at the festival of the winter solstice the Prince of the Druids himself cut a bough of it. The people were assembled, and then were led to the woods by the priests, who drove in advance of the company two snow-white bullocks. When the oak tree was found which bore the mistletoe, the plant was cut with a golden sickle, and the bullocks sacrificed.

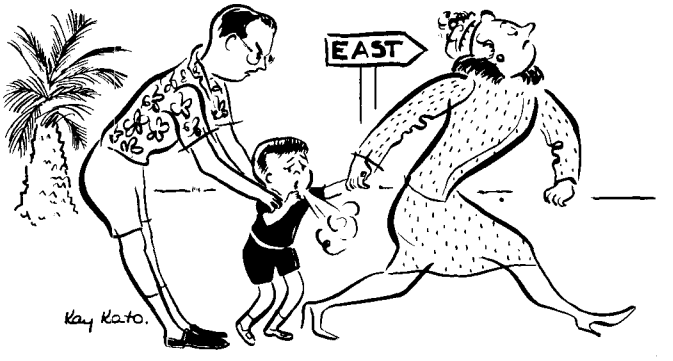
At present it is the custom for the young men to carry out the doctrine taught by the Scandinavian myth and print a smacking kiss on the lips of any maiden thoughtless enough to stand beneath the suspended mistletoe bough. But for every such kiss one of the white berries of the mistletoe must be removed, and when all the berries have been kissed away the spell is broken.

Almost as important as the gift giving and gift receiving on Christmas Day is the feast of dainties spread on that festal occasion. But even the Christmas dinner has its origin in the dim, distant past. Feasts were always the accompaniment of any festival. In Egypt, at the winter solstice, every family killed and ate a goose as a religious observance.

In the hieroglyphic language of the Egyptian, the figure of a goose was the word "child." The people had noticed that the goose was remarkable for the way in which it protected its young, hence it was looked upon as the symbol of great love—that love which is willing to sacrifice itself for the object of its affection.

We preserve the custom of eating fowl on this day, but the toothsome turkey has more generally supplanted the goose. The plum pudding as a dish in the Christmas feast has its meaning. The number and richness of its ingredients represented the rich gifts the Kings laid at the feet of the child Jesus.

The celebration of Christmastide is as old as the human race, and many of the customs have lost their origin in the hazy past. We preserve and hand down these customs because we respect their age. But pagan customs have survived in our Christian festival, not so much because of their age, as because it was necessary at the start to preserve them.



You Be the Judge

by José Schorr

Junior's asthma improved so much after his family moved to California that, following a divorce, his father refused to permit his mother to take the boy back to her family's home in Connecticut. Bitterly, the mother appealed to the courts.

"Connecticut is not a plague area," she argued through counsel. "Healthy citizens grow up there. Doctors there are competent to care for my boy's asthma, and who but his mother and her family can heal the hurt caused by a broken home?"

"Health is more important to a child than all the relatives in the world," the father's lawyer replied. "If he grows up so ailing that he has to be hospitalized, he won't see much of his family anyhow. And if he remains in California, he has his father."

If you were the judge, would you let the mother take the boy east?

The mother lost. The court reasoned that in California the boy would enjoy better health and also have his father. It added that its chief concern was the welfare of the boy, not the mother.

Based upon a 1959 California decision.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

When Christianity was in its infancy, men who embraced it refused to give up the old festivals, so in view of the great end to be obtained, the leaders of the early church allowed these customs and festivities to stand, but sought to put into them some Christian meaning.

But to such strict sectarians as the Puritans and the Quakers in England the Christmas festivities appeared to be little better than pagan orgies. These worthy people thoroughly discountenanced the festival, and when the Quakers and Puritans came to found a State in the New World, they made rigid rules against any such form of festivity.

The Dutch colonists, however, were enthusiastic in their observance of Christmastide, and, though far from home, they celebrated the happy time in the old way. From the Dutch colonists in America spread the Christmas cheer, and the frowns and resolutions of the staid Puritan and Quaker colonists availed nothing against the infectious spirit of Christmas cheer which the Dutch brought into the new country.

A Waltons' Christmas

continued from page 63

picture of the Blessed Virgin pasted inside, that's who. Every year, the best is first."

"Listen to him," said his brother. "You weren't first a couple of years ago. Those who don't come home for Christmas don't get a place on the tree."

"That's right," said his brother. "I was in the Peace Corps that year. How long ago was it?"

It was two years ago . . . and *that* was the worst Christmas we ever had. We were all together, and yet we weren't all together.

My feelings were ambivalent, and they confused me. Didn't we do everything right? Got his teeth straightened, his hernia repaired, his body packed with vitamins. Didn't we teach him how to parallel park, wipe his feet, put down lids, flush, feed himself, and make his own bed?

We gave him room to breathe, smiled in all the right places, swallowed advice that lodged in our throats like a lump, and resisted spreading guilt.

When he left us at the airport, he could have said goodbye to a wrong number. "Don't worry, Mom. Worry makes you retain water."

We did all the right things. We encouraged them to take responsibility for their own successes and their own failures, develop their independence, and live their own lives. So why at Christmas, when they were all gone, did we feel so rotten?

And why did I fall apart when I hung on the Christmas tree that crummy little pie tin with a picture of the Blessed Virgin pasted inside dangling from a soiled ribbon?

Reprinted by permission of McGraw-Hill, Inc. from Family: The Ties That Bind. . . .and Gag! *by Erma Bombeck, © 1987 by Erma Bombeck.*

From Riots to Races

continued from page 59

won the elementary school competition; Cairo Valle won the junior high level for "A Better Los Angeles"; and Jan Joseph Perez Mart captured the senior high category for "Education: A New Approach."

Wilson wrote about wish-fulfillment in her essay: ". . . I'd change my community. By having all the gangbangers back in school . . . I want all the kids

continued on page 84

Musical magic to brighten your days
Relax and reminisce with

The Enchanted Organ

OF BOB KAMES

Three Cassettes Of Beautiful, Gentle-On-Your-Mind Songs

A superb collection of 48 familiar favorites. Great old songs that defy fad and fashion, so delightful, they never fail to make you feel good! Organ wizard Bob Kames brings out the lasting beauty and bewitching mood in each memorable melody. During his nearly 50 years in show business, Bob Kames' keyboard artistry has endeared him to legions of fans. His numerous record albums have sold in the millions. Now, for the first time, you can enjoy the enchanting organ magic of Bob Kames in this newly issued three-cassette set.

Two Hours of Incredible Music

You do not get abbreviated medleys. There are 16 complete songs on each of three tapes; a total of 48 full-length tunes! A lineup of some of the most hummable and lovable melodies of your life.....bringing back yesterday's memories.....inviting tomorrow's dreams.....this is music you are sure to play again and again.

48 melodies that have never left your heart and mind:

CAROLINA MOON / HARBOUR LIGHTS / MY HAPPINESS / O SOLE MIO / THAT OLD GANG OF MINE / WHEN YOU'RE SMILING / ON TOP OF OLD SMOKEY / THE SHEIK OF ARABY / SILVERY MOON / OH SUSANNAH / ONE ROSE THAT'S LEFT IN MY HEART / BALLIN' THE JACK / TENNESEE WALTZ / JEALOUSY / OH MARIE / ROCK-A-BYE YOUR BABY / PEGGY O'NEIL / LINGER AWHILE / HONEST AND TRULY / PEG O' MY HEART / DARK TOWN STRUTTERS BALL / WHISPERING / AFTER THE BALL / FIVE FOOT TWO, EYES OF BLUE / SOMEBODY STOLE MY GAL / MY BLUE HEAVEN / I DON'T KNOW WHY, I JUST DO / CHARMAINE / ONCE IN A WHILE / THREE O'CLOCK IN THE MORNING / JUNE NIGHT / CASEY JONES / TWELFTH STREET RAG / CARELESS / BUBBLES IN THE WINE / I'LL ALWAYS BE IN LOVE WITH YOU / I WANT A GIRL JUST LIKE THE GIRL THAT MARRIED DEAR OLD DAD / MERRY WIDOW WALTZ / DIXIE / TINGA LING / INDIAN LOVE CALL / WAITING FOR THE ROBERT E. LEE / MY ISLE OF GOLDEN DREAMS / YOU ARE MY SUNSHINE / I'M GETTING SENTIMENTAL OVER YOU / AIN'T SHE SWEET / CHINATOWN, MY CHINATOWN / HOME ON THE RANGE

Better-Than-Money-Back Guarantee:

If you don't agree that this is the most enjoyable music you've heard in a long, long time, return the tapes and we will refund $2.00 more than what you paid! Have you ever seen a fairer trial offer?

— — — — — — — — — — **NO-RISK COUPON** — — — — — — — — — —

THE MUSIC BARN, P.O. BOX 1164, LEWISTON, NY 14092 - 1164

I accept your challenge. Send me the three ENCHANTED ORGAN OF BOB KAMES cassettes. If for any reason I decide not to keep them, you will refund my money plus an extra $2.00. On that basis, I am enclosing a check or money order for $22.98 or charge to my ☐ VISA - ☐ MASTER CARD

Number _____ Exp. Date _____

PRICE INCLUDES ALL POSTAGE AND HANDLING

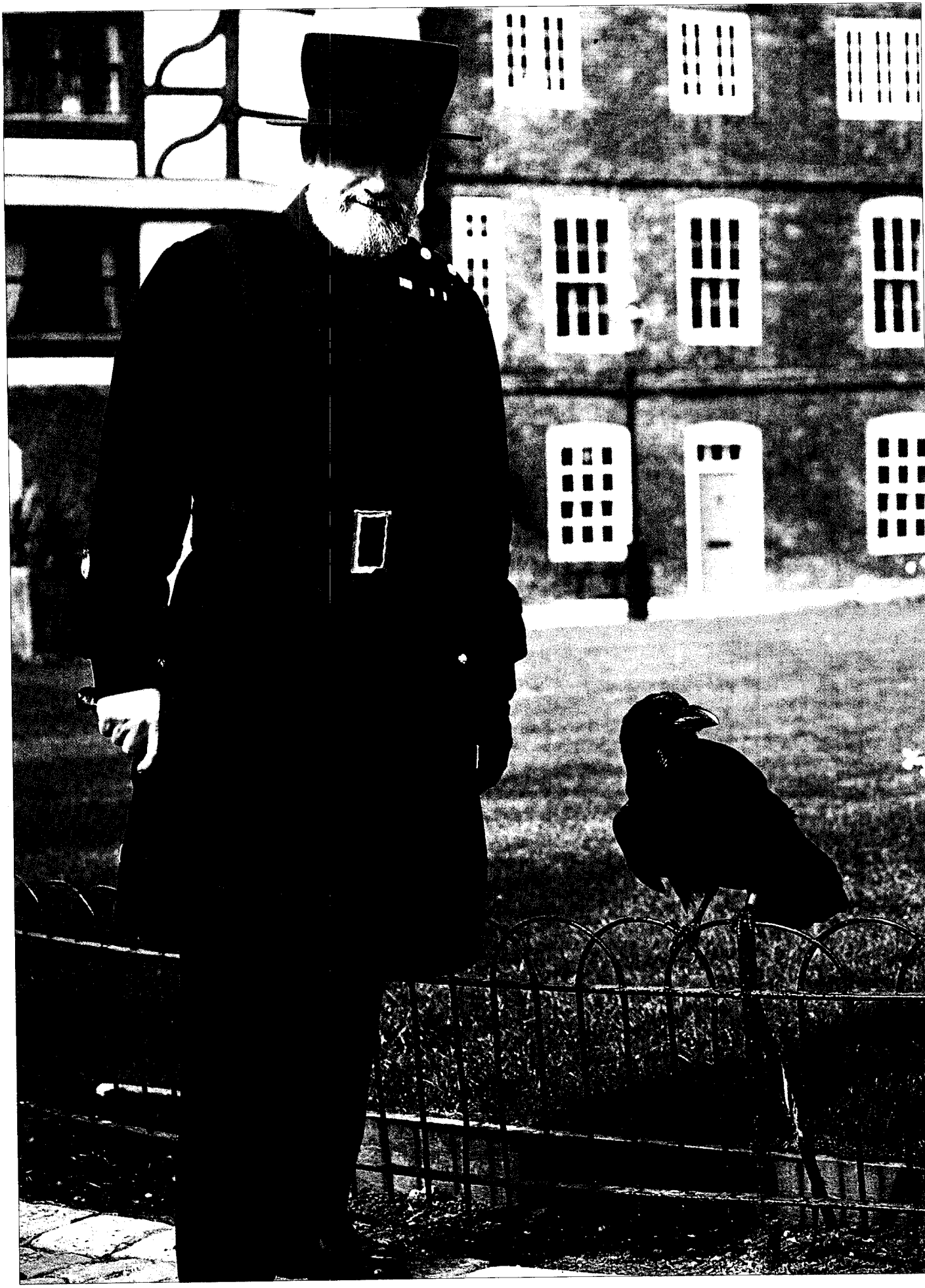
Name _____

Address _____

City & State _____ Zip Code _____

— — — — — — — **FAST SERVICE - NO LONG WAIT** — — — — — — —

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

THE ROYAL RAVENS OF LONDON

How long will these pampered, black birds reign over Britain's towering landmark? Quoth the legend, "Evermore."

by Sandy Huff

Most visitors pay little attention to the nine black birds flying around the Tower of London—if they notice them at all. So many *other* treasures await: the magnificent crown jewels, ranks of shiny armor, and the bellowing beefeaters who herd tourists through the ancient fort.

But the birds are more important than any jeweled swords, posh coronation robes, or even the dapper guards. According to an ancient English legend, if the ravens ever leave the Tower, the monarchy—and the whole of England—will fall.

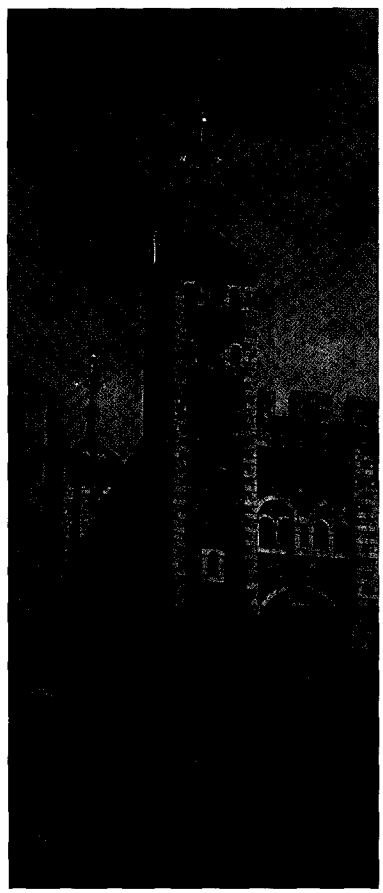
The British are not about to let that happen.

The Tower of London, which really has 20 towers, is considered the heart of the city. Visitors troop through the 927-year-old fortress to the tune of 2.5 million people a year. It's London's second most popular attraction, behind Madame Tussaud's Wax Museum.

Bits of old walls are still in place from the original Roman outpost called Londinium. Ravens were in residence long before the first Roman set sandal on the foggy banks of the Thames.

The ravens became official guardians of the Tower in 1660, when King Charles II came to inspect the premises to see how the preparations for his coronation were coming along. He found workers at the White Tower busily removing and chasing away the birds, so their messy ways and unmusical cries wouldn't mar the great day.

Fortunately for the ravens, Charles remembered the old legend. He issued a decree that ravens would be part of the Tower for all time.



Gilded windvanes top the 20 towers that comprise the fortress called the Tower of London. First built of wood in 1067, it was converted to stone a decade later.

Today, six ravens, plus three stand-bys, are official members of the Tower staff. The birds have their own roster, daily food allotment, and even full burial rites when they die on duty.

The birds are cared for by the beefeaters. Officially titled yeomen warders, the men are 22-year veterans of the British military, retired with the rank of sergeant major.

The guards wear the distinctive navy and red Tudor uniforms designed in 1848. Today's uniforms are held together with Velcro and zippers, however, and don't take half an hour to don like the originals.

Beefeater David Cope is the present raven master. Like his bright-eyed charges, he's alert, energetic, and proud of his military background. "I had 22 years active service with the Royal Marines," Cope says. "Be sure to put that in."

Besides taking his turn leading tours, Cope keeps busy caring for the

Tower Facts

Even if you think the royal ravens are for the birds, you'll want to spend a day at the Tower of London exploring its other treasures. Here's what you'll see:

❶ **Jewels**—To avoid long lines, arrive early and head straight for the Jewel House. The outer room holds cases full of ceremonial maces, fabulously wrought pitchers, monster wine bowls, ceremonial awards (I liked the Star of India best), and elaborate gowns. The inner room is the real treasure, where brown background cases hold silver-plated and gold items, and the red backgrounds show the solid gold items. The diamonds, rubies, and emeralds here are all real, and the largest on earth.

❷ **Armories**—You've seen pictures of knights wearing armor: now see the real thing—and lots of it. There's armor to ride in, armor to fight in, but mostly armor to wear while trying to unhorse an opponent in a jousting tournament. Well-lit displays and good explanations make this a fascinating place. There's also a display of historical weapons—from old dueling and pheasant hunting pistols to gear used in Desert Storm.

❸ **The chapel**—You can sit in the very place where generations of English kings worshipped. Note the needlepoint on the kneeling cushions.

❹ **Several English queens**—and one man—were executed on the grounds. The grassy plot where Ann Boleyn's scaffold was erected, while she watched from a nearby window, is now a favorite playground for the young ravens.

❺ **The Tower Shop** has a good assortment of tourist gimmicks for you to take home. There's even a batik portrait of Cope and Ronnie right across from the entrance—watch for it.

❻ **Take the free tour**, led every 20 minutes by a leather-lunged beefeater. Each man has a slightly different line of patter, but all delight in the gruesome story of a royal prisoner who, beheaded too soon, had to have his head sewn back on by the royal butcher so the royal painter could do a fast—really fast—portrait. If you like your beefeater's spiel, tips are acceptable at the finish.

❼ **But mind your manners.** The strictest schoolmarm couldn't hold a candle to an affronted beefeater. Ask permission before snapping that portrait, or you're in for a stern lecture.

And welcome to England to you, too.
—Sandy Huff

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

- Ravens can count—honest! Up to six or seven, anyway.
- Relative to body size, ravens have the largest brains of any bird. They probably get in trouble so much because they're bored.
- Ravens can talk, just like parrots. Their tongues do NOT have to be split, which was a cruel and unnecessary procedure.
- A group of ravens is called an "unkindness," because of the birds' ancient reputation for being terrible parents.
- While feeding, an unkindness will post a sentinel.
- Ravens are opportunistic feeders, eating carrion, eggs, dead fish, insects, snails, seeds, and even acorns.
- Ravens mate for life.
- Ravens are long-lived. Their average life span is 25 years, with the oldest recorded age being 69 years. The oldest known Tower raven was James "Jim" Crow, who died April 1924 at age 44.
- Tower of London ravens who die on duty are ceremoniously buried on the premises. Look to your left as you pass over the Middle Gate drawbridge.
- Ravens are clean birds. Tower ravens take up to six baths a day.
- Ravens have a unique method of cleaning their beaks. One will put its beak around another's and move it gently as it dislodges particles. Tower visitors often think the birds are kissing when they're doing the equivalent of brushing their teeth.
- In the New World, ravens can be found all the way from Alaska to Mexico.
- In the western United States, ravens prefer to stay near heavy timberland.
- Ravens have a bad reputation as crop destroyers and have been mercilessly persecuted all over the world. However, they're harmless to crops and do a valuable service as a "waste disposal unit."
- Can't tell a raven from a crow? Watch for the "whiskers" around the mouth and the diamond-shaped tail. Also, ravens glide and soar, rather than flap their wings, and they eat carrion.
- Noah first released a raven from the Ark, but it was the next bird, a dove, that brought back evidence of dry land (Genesis 8:6-12).
- Ravens belong to the class Aves, order Passeriformes, family Corvidae, genus *Corvus*. The Common Raven is *Corvus corax*. There's also: the African white-necked raven, the Australian raven, the thick-billed Raven, the American white-necked raven, the fan-tailed raven, and the brown-necked raven.

One of the world's great tourist attractions, the fort is a working military post with a permanent garrison. Here, onlookers watch the changing of the guard.

ravens. "I put the ravens up each night, let them out each dawn, oversee their food, and clip their wings to keep them from migrating," he explains. "But my main job is just standing by keeping an eye on the birds."

"Standing by" means more than just troubleshooting. Cope cares for the birds; he watches for tourists who might tease or injure them. He's also on the watch for mischievous tricks the ravens play on tourists.

"Rhys (pronounced Reese) likes to lie on his back, playing with sticks," says Cope. "He also loves to hide in a bush, pretending to be lost. Gullible tourists are always calling me over to help him. As soon as I arrive, Rhys flies away, laughing at us."

The mated ravens are territorial, each pair claiming different parts of the old fortress for their personal turf. Raven territorial fights are rarely serious, but Cope also gets called every time two birds bicker.

Young Ronnie, as the beefeaters affectionately call him, is probably the most famous raven since Edgar Allen Poe's fictitious bird said, "Nevermore." Born in 1989, Ronnie became the first raven bred at the Tower of London in 300 years.

"Before that, all of the birds had been brought to the Tower as babies from other parts of the British Empire," notes Cope. "When he was born, the B.B.C. sponsored a naming contest among English schoolchildren. The winning entry was Ronald Raven—great fun, considering who was U.S. president at the time."

Breeding ravens on the grounds was not easy. "First of all, I had to obtain permission from the governor of the Tower to let the birds breed," says Cope. "Up to then, any nests the royal ravens produced had been destroyed."

Even after official permission was granted, Cope ran into a hitch. Neither he nor the birds knew anything about nest building. "The birds hadn't had the advantage of watching more experienced parents in the flock," says Cope, "and very little has been written about ravens, much less on how to breed them. Both the birds and I had to learn by trial and error."

The first nest was too close to visitor pathways. The next year, a nosy staff member interrupted the ravens as they were building their nest.

Each year, Cope designed new nestboxes, learning as the birds learned. Besides a poor location, Rhys' and Charlie's first nest was too loosely woven, allowing the eggs to fall through. Cope found a tanner across the river who donated fleece to be laid beside their door. "The ravens used it to pack their nests tightly, and it worked," Cope recalls proudly.

The current set of nestboxes resembles big doghouses, set well away from tourist pathways, and definitely off-limits to nosy staff members.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Since Ronald's birth, several clutches of babies have hatched. "I take the babies from the nest at the age of five weeks and hand-rear them in our quarters in the fort," he says. "Actually, my wife does most of the work with the babies. Be sure to put that in."

Except for Ronald and Jackie (she's named after the previous raven master), the extra baby ravens were sent to different zoos around the British Isles.

Cope has problems with Jackie and Ronnie being too trusting with people. The older ravens could also be dangerous. "Ravens have very strong beaks," explains Cope, "and they're easily angered, especially during nesting time. I've trained the birds to avoid getting too close to tourists and never beg food."

"Back in 1660, the royal astronomer complained . . . . Either the birds went, or he did. The royal astronomer was promptly moved to Greenwich."

None of the birds need to beg food from soft-hearted tourists. In the wild, ravens eat almost anything they can find—carrion, dead fish, eggs, seeds, insects, snails, and even acorns. At the Tower of London, each bird receives at least six ounces of raw meat daily, plus soft-boiled eggs, cheese, and kitchen scraps from the troop kitchen.

"It's a good life for these birds," says Cope, "I think they contribute a lively touch for the visitors, too."

Back in 1660, the royal astronomer complained that his observations from the newly built Towers were obstructed by the messy, noisy ravens. He issued an ultimatum. Either the birds went, or he did.

The royal astronomer was promptly moved to Greenwich, five tedious miles from court. But the ravens, as they have for the past 300 years, remained the undisputed rulers of the Tower of London. Cope intends that they stay that way.

"If I have anything to do with it, the ravens will be around for many years to come," he says. "Be sure to put that in."

Add an exciting new dimension to your holiday decorations with these exquisite

PEWTER FILIGREE ORNAMENTS

by Pewter Port

This year's holiday decorations will take on a whole new charm with these original round designs. Hand crafted from the finest pewter, each depicts a delightful scene beautifully detailed in filigree. Ornaments are $14.95 each, and with the purchase of five, the sixth is free. Average size is 2" in diameter and are available individually gift-boxed. Please indicate item numbers when ordering. Please include $3.50 for postage and handling.

Mastercard, Visa or send check or money order to:

5-STAR PROMOTIONS

7657 Winnetka Ave. #322 Canoga Park, CA 91306

1-800-266-6550

EVERY PLEASURE IN PARADISE FOR ONE SINGLE PRICE.
If it
is romantic, serene,
with the élan of British grandeur,
is intimate, secluded,
requires a man and a woman,
breakfast in bed,
a private island, is exciting, tropical,
can be done in the water,
sipped from a tulip glass,
involves moonlight,
cricket wickets, horses,
or throwing rice and rose petals,
...it's included.
COUPLES.
It takes two to share it all.
SuperClubs

The Caribbean's Only Super-Inclusive™ Resorts.

For a complete brochure or more information, call your travel agent or SuperClubs toll-free at **1-800-859-SUPER** / Ext. 266.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

HERITAGE OF OLD SALEM

Like some colonial never-never land, this picturesque pocket community holds fast to the spirit of Yuletide past.

by John McCollister

Christmas brings out the best in Old Salem, North Carolina—and Old Salem certainly brings out the best in Christmas. During the holiday season, especially, the past and present live amicably in this historic enclave surrounded by bustling and progressive Winston-Salem.

Old Salem comes by its charm honestly. This is no "old-timey" tourist village conceived by marketing mavens to lure tourists in search of Early Americana. It is a community founded in 1766 by a group of German Moravians, whose lives were marked by a strong work ethic, old-country values, and colorful traditions. The immigrants named their settlement "Salem," an anglicized form of the Hebrew word *shalom*, meaning "peace." And peaceful it is.

A planned, congregational community from the start, Salem was designed as a place where skilled Moravian craftsmen could make and sell their wares. The church was the center of all cultural and social activity, and the lifestyle of the townsfolk included an honest day's work, frequent worship, and plenty of music.

But progress brought change. Good roads and mass communication combined to beckon many young Moravians away from the strict regimen. In 1913, Salem merged with the larger town of Winston. Suddenly, Winston-Salem was on the map—but not at the expense of Old Salem. The town-within-a-town retained its identity, as well as its traditions and landmarks.

A brass ensemble plays traditional carols as shoppers browse the boutiques, bakeries, and coffee shops of Old Salem. The town is located in north-central North Carolina, 30 miles south of the Virginia border.

Under the direction of Old Salem, Inc., 60 of the town's buildings were restored, and 12 are open to the public today. Each year, thousands of tourists walk the brick and stone sidewalks, meet and talk with Old Salem employees—many of whom wear clothing to recreate the 18th century lifestyle—and catch a glimpse of the spirit of those industrious Moravians who worked and worshipped more than 200 years ago.

That spirit shines brightest at Christmastime.

Don't look for big-city tinsel and foil. Instead, you'll see imaginative arrangements of apples, lemons, pears, and kumquats decorating homes and churches. Wreaths are made of dried flowers, pine cones, and baked cookies; garlands of greenery and apples provide stately arches over doorways. Evergreen trees are bedecked with handmade decorations, and an occasional red bow adds that special splash of color.

Sounds of Christmas penetrate the chilly air. Music was as much a part of the Moravians' lives as was prayer. A brass band plays on a street corner. Inside some of the buildings, musicians offer Christmas melodies on violins, flutes, and harpsichords. A strolling choir pauses on the lawn of a private residence to sing a familiar carol in four-part harmony. Aromas of hot cider spiced with cinnamon and of smoldering wood chips fill the crisp nights with holiday fragrances.

During December, the city of Old Salem is transformed into a colonial never-never land, and at the core of the celebration are five customs handed down from generation to generation:

* **Candle lighting**—Candles were used sparingly in the 18th century because of the work involved in making them. The festival of Christmas, however, called for extra celebration. During Christmas Eve worship services, every person was given a small, beeswax candle with a red ruff at the bottom to protect hands from hot, dripping wax. Today, community volunteers make more than 40,000 candles, each 6½ inches long, to sell to churches nationwide and to tourists. Most candles have the famous red ruff tied at the bottom.

* **The "putz"**—The word comes from the German *putzen*, meaning "to clean or polish." A Christmas putz is a miniature nativity scene that normally includes a contemporary setting. The putz may be a simple manger scene in a child's room or an elaborate display with 25 or more buildings.

Christmas cakes—Moravian Christmas cakes are not

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

really cakes at all. Rather, they are paper-thin cookies cut into shapes of trees, animals, stars, Santa Claus, and other seasonal symbols. True to tradition, the "cakes" call for lots of cloves, cinnamon, and ginger.

* **Moravian star**—Instead of the standard five-point variety, the Moravian star has enough angles to make a geometry student swoon. Stars boast from 20 to 100 points, although most factory-made stars today have 26. The stars may be illuminated by candles or electric lights and are often hung in homes and churches from the first Sunday in Advent through Epiphany.

* **Christmas love feast**—This is the high point of the Moravian Christ-

continued on page 84

READER SERVICE

STEAMBOATIN'®—Live the Legend. Free color brochure highlighting tantalizing cuisine and exciting entertainment on 3- to 12-night Mississippi and Ohio River paddlewheel steamboat vacations. Travel aboard the legendary *Delta Queen*® and the magnificent *Mississippi Queen*®! For more information, circle **1**

Greater Wilmington's Brandywine Valley—home of tax-free shopping, dining, and entertainment. Two-hour drive midway between New York and Washington, D.C., via I-95. World-class museums, gardens, historic 17th century New Castle, chateau country, and many other wonderful attractions. For additional information, circle **2**

The Perfect Gift!— is a personalized **Family Calendar** with all your loved ones' birthday and anniversaries highlighted as prominently as Christmas and the Fourth of July. Several full-color styles are available, including one featuring your own photographs! To receive more information, circle **3**

Lexington, Kentucky—Enjoy the beauty of our legendary bluegrass country, or a bustling downtown alive with restaurants and shops. Tour the popular Kentucky horse park, world-famous horse farms, and historic homes and villages. For more information, circle **4**

Couples®—The Caribbean's original super-inclusive resort for couples only. Perfect honeymoon hideaway. Private island, three award-winning restaurants, gorgeous private beach. If it's romantic, it's included. For additional information, circle . . . **5**

TRAVEL DIRECTORY

DELAWARE

GREATER WILMINGTON, DE • NO SALES TAX HERE! • BUY IT, TAKE IT, & IT'S TAX FREE •

IN GREATER WILMINGTON'S

BRANDYWINE VALLEY

FOR FULL DETAILS CALL

800-422-1181

for a **FREE 72 PAGE GUIDE**

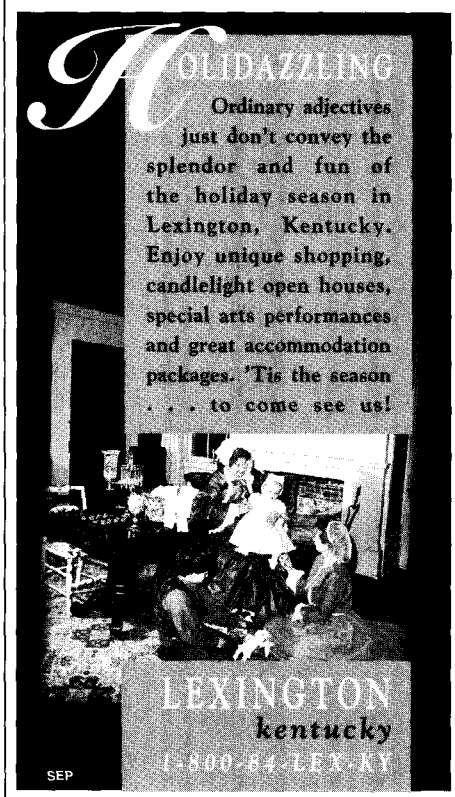
SPECTACULAR SHOPPING, DELICIOUS DINING, EXCITING ENTERTAINMENT . . . AND SPECIAL WEEKEND HOTEL PACKAGES

Enrich your weekend further with visits to Winterthur, Longwood, Hagley and historic 1651 New Castle.

MIDWAY BETWEEN NYC & DC

Greater Wilmington
Convention & Visitors Bureau
1300 Market Street–Wilmington, DE 19801

KENTUCKY


HOLIDAZZLING
Ordinary adjectives just don't convey the splendor and fun of the holiday season in Lexington, Kentucky. Enjoy unique shopping, candlelight open houses, special arts performances and great accommodation packages. 'Tis the season . . . to come see us!
LEXINGTON
kentucky
1-800-84-LEXKY
SEP

NEBRASKA

OMAHA!

Call the Greater Omaha Convention & Visitors Bureau today for a FREE Visitors Guide, Events Calendar and Valu-Pak of Coupons!

1-800-332-1819!

FLORIDA

ORLANDO

SUPER SAVER RATES!
from
$69-$99*
per room per night
thru 12/31/93

Ask About Value Packages

Incredible Value At A Full-Service Resort So Perfectly Located! • Sea World 1 mi., Universal Studios 3 mi., Walt Disney World® Resort 10 min. • 5 Restaurants & Lounges • Pool • Room-Service • Gift shop

1-800-627-VALUE
(8258)

© The Walt Disney Company

Clarion Plaza Hotel Orlando
9700 International Dr., Orlando
(407) 352-9700

* Sgl/ Dbl occupancy. Limited availability. Some restrictions. Not valid w/group & other discounts.

To receive information about the items above, circle the appropriate number below, fill in, and send the coupon to: *The Saturday Evening Post*, P.O. Box 2800, Boulder, CO 80329-2800.
Hurry! This offer expires 1/21/94.

1 2 3 4 5

Name _____

Address _____ Apt.# _____

City _____ State _____ Zip _____

Please include 50¢ for postage and handling. 693

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

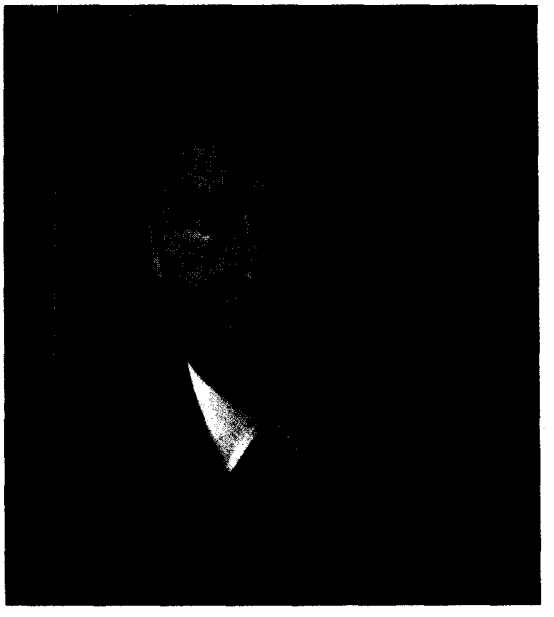
SPEAKING OUT

A PLAGUE IN THE PRESS

An award-winning television newsman uses his Williams College commencement address to point out that malpractice in journalism affects us all.

by Jim Lehrer

I am well aware that the least relevant person present at this enterprise this morning is the commencement speaker. I've attended many graduations—hundreds, thousands, millions sometimes it seems as an undergraduate, as a graduate, as a parent, as an uncle, as a neighbor, as a friend, and as a reporter—and I can say with all honesty that not only can I not remember what any of the speakers said, I cannot remember what any of them even looked like. So you can relax. You can ignore me up here. Let your mind wander from time to time. I'll understand. I understand why you are here. You are here to witness the graduation of a loved one or a cherished one. You're here to graduate. You're not here to hear me. I promise not to keep you long. I've divided the speech into two sections. The first section is a sermon for one and for all. The second is some advice only for the class—my fellow and sister members of the Class of 1993. You can plan your mind wandering accordingly.



Jim Lehrer: "I urge all of you in this audience. . . do not tolerate lousy, arrogant, snide journalism."

The sermon is about journalism. My honorary degree honors me in part and mostly for what I do and have done in journalism. Journalism is the enterprise which produces things like yesterday's *New York Times*. On page 10 of the National Edition, which I have in my hand, under the headline "Williams Honors Jim Lehrer," is the following lead paragraph: "Jim Lehrer, associate editor and co-anchor of *The MacNeil/Lehrer NewsHour* on PBS, delivered the main address yesterday at the 204th commencement of Williams College at Williamstown, Mass." This was in the paper yesterday so that means that it happened on Friday. I wish I had been there—I'm sure the weather was better—and I'm sure you all feel the same way.

But the good news is that in today's *New York Times* under "Corrections" it says: "A brief article yesterday about the commencement at Williams College was published prematurely. The ceremony is scheduled for today." So we didn't miss it after all.

Look . . . journalism is something that under normal circumstances I would talk about in a MacNeil/Lehrer way—in other words, say some nice things about it, say some bad things about it, on the one hand this, on the other hand that. But these are not normal circumstances and I do not come here this morning to say very many nice things. Yes, there are more voices being heard on more issues that matter than ever before. Yes, important questions are being asked. Yes, the traditional adversary watchdog role of the press is being performed well in some cases, even brilliantly in a few cases. However, and overall, I believe with all my heart and soul that there may have been worse times for the practice of journalism in this country, but if so, they occurred more than 30 years ago, before I entered this business as a writer of obituaries for a newspaper in Texas.

Journalism in my opinion is being consumed before our very eyes and ears by a form of arrogance that I believe, if it is not arrested and stopped soon, could undermine the whole point of the exercise. Go with me please in your mind for a few moments . . . go with me to most of the radio and television talk shows. Go with me to the front and inside pages of most daily newspapers, to the columns of most news magazines. Go with me to televised news conferences from the White House, from the court house, and the World Trade Center in New York, from Waco, Texas, from most places where news is made. Go with me to most places where journalism is practiced and consumed these days. Have you ever seen, heard, read, or inhaled such snide arrogance in your life? It permeates the tone of the questions and the commentary. "Mr. President, you idiot . . . Senator, you fool . . . Madam Mayor, you jerk . . . Mr. Secretary, you ninny . . . Mr. and Mrs. and Ms. Public People of All Kinds, you crook, you fraud." There is a stench of contempt in the approach and the words, in the sneer, in the body language, and the message is

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

there for all to see.

And this is the message: "These people in public life, in public service, are creeps. They're scum. They're suspect. They're guilty until proven innocent. Only the journalists of America are smart enough to know what to do in Bosnia, in the economy, in health care, and Supreme Court appointments, in paving the streets, in all walks of all lives. Only the journalists of America are pure enough to judge all others . . . to tell you who are the good ones and the bad ones, to identify success and failure, to, through our words and actions, go thumbs up, thumbs down on all ideas, all institutions, all conduct. And more importantly, pinpoint and identify motives. Don't believe politicians, government officials, or any other people when they say why they are doing something. They never tell the truth. We, the journalists, will tell you why the president, and members of Congress, and the city council, and the think tanks, and the college administrations, and the FBI agents, and the cops, and the teachers, and the social workers, and all other people do what they do. We are experts in motives because ours are so pure. That is because we care only about the public's right to know. We care only about what Thomas Jefferson said: "An informed electorate is a free electorate." We're the only ones in our society dedicated and capable enough to judge all others. And judge we must because God really did die and the journalists of America must take up the slack. There are no others who are capable or willing to do so."

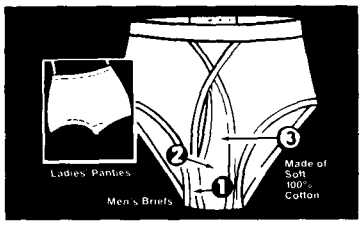
From my perspective inside journalism, I think that this kind of snide arrogance is a plague on and in the newsrooms of America. I believe that unless something is done about it the credibility of all of us in the business will continue to erode with all of you, the people who read and watch and listen to what we do. We're already down there with the Congress at the bottom of the public esteem opinion polls, and at the rate we're going only the lawyers will remain below us. Sorry, just kidding, lawyers.

There are two things I can do about all this. One is to try my very best not to do any of these things or to adopt any of these attitudes myself. The other is to raise hell with those who do. I've just begun that today in public.

Fortune magazine recently maligned

END THE EMBARRASSMENT OF POOR BLADDER CONTROL

Luxurious Comfort with 24 Hour Protection



Three-Layer Design Guarantees Protection

① Inner layer of soft, highly-absorbent, 100% pre-shrunk cotton flannel.
② Middle "shield" layer of durable, water-repellent nylon.
③ Outer layer of fast drying, 100% cotton/knit.

Whenever incontinence occurs — The inner layer absorbs moisture, the middle layer acts as a moisture barrier that protects the outer layer and your clothing from stains and spots.

Minor to average incontinence problems or poor bladder control is no longer an embarrassment or an inconvenience for thousands of satisfied customers who have ConFiDenS in CFDS.

These fine undergarments for ladies and gentlemen were developed by a doctor who understood his patients' need for privacy and freedom from costly and uncomfortable store-bought disposables.

Made of soft 100% washable cotton, "CFDS" will outwear and outlast ordinary underwear by far. Their slim, absorbant design prevents a slight loss of urinary control from spotting and staining clothes. And to insure complete privacy, "CFDS" is discreetly packaged and offered only through the mail.

Try them risk-free. Order a pair (or two) of "CFDS" and if you're not completely delighted, just return them within 30 days for a prompt, full, no-questions asked refund, less postage.

"CFDS"... the private approach to freedom, trusted by thousands.

"CFDS," Dept. 93-12, 2246 D Rome Drive, P.O. Box 88319, Indianapolis, IN 46208

☐ Please rush me 2 pair of "CFDS" for $23.90 plus $3.50 UPS shipping and handling
☐ Please rush me 1 pair of "CFDS" for $12.95 plus $3.50 UPS shipping and handling
☐ Please rush me 4 pair of "CFDS" for $47.80 POSTAGE FREE! Ind. res. add 5% sales tax.

☐ Men's Briefs	
☐ Sm. (30-32)	☐ Med. (34-36)
☐ L (38-40)	☐ XL (42-44)
☐ XXL (46-48)	☐ XXXL (50-52)
add $2 for each XXL or XXXL brief.	

☐ Ladies' Panties

Size	Hip Size	Size	Hip Size	Size	Hip Size
☐ 5	36	☐ 7	40	☐ 9	44
☐ 6	38	☐ 8	42	☐ 10	46

Enclosed is my ☐ check for or ☐ money order for $ _____

Please charge my ☐ Visa ☐ MasterCard Please use your imprinted name/address sticker.

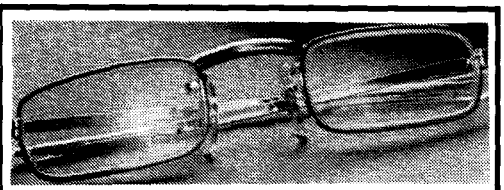
Acct. # _____ Exp. Date _____

Print Name _____ Address _____

City _____ State _____ Zip _____

Change Tiny Small Print Into Large Sharp Print

Miracle Magnifying Glasses



SEE THE ACTUAL DIFFERENCE!!!

ORIGINAL SIZE	*SELECT STRENGTH*	*MAGNIFIED RESULTS*
From This	2½X	To This!
From This	3X	To This!
From This	3½X	To This!
From This	4X	To This!

Don't strain your eyes to read fine print, road maps, thread needles, etc. These fantastic low priced magnifying specs may be all you need! Everything increases in size from 2½ times to 4 times depending on the strength you need. You get a stylish look at an incredible low, low price.

Rich Gold Tone XL Sturdy©Metal Frames with high impact resistant optical lenses fit both men and women.

© Rush Ind., Inc. 1989

These truly attractive glasses are yours for as low as $9.98. Order by magnification strength.

30 DAY MONEY BACK GUARANTEE

Send to: Rush Inc., Optical Div. Dept. MG83ND , 75 Albertson Ave., Albertson, NY 11507

QTY. *Satisfaction Guaranteed or Money Back! (Less shipping & handling.)*

_____ 2½X Magnification Strength Only $9.98 + $2.00 Shipping, Handling & Insurance.
_____ 3X Magnification Strength Only $10.98 + $2.00 Shipping, Handling & Insurance.
_____ 3½X Magnification Strength Only $11.98 + $2.00 Shipping, Handling & Insurance.
_____ 4X Magnification Strength Only $12.98 + $2.00 Shipping, Handling & Insurance.
_____ A convenient 5" long slip-on pocket case is available for an extra $1.00.
_____ Special Bonus! Order 2 or more pairs of glasses and deduct $1.00 from each pair.

Name _____

Address _____

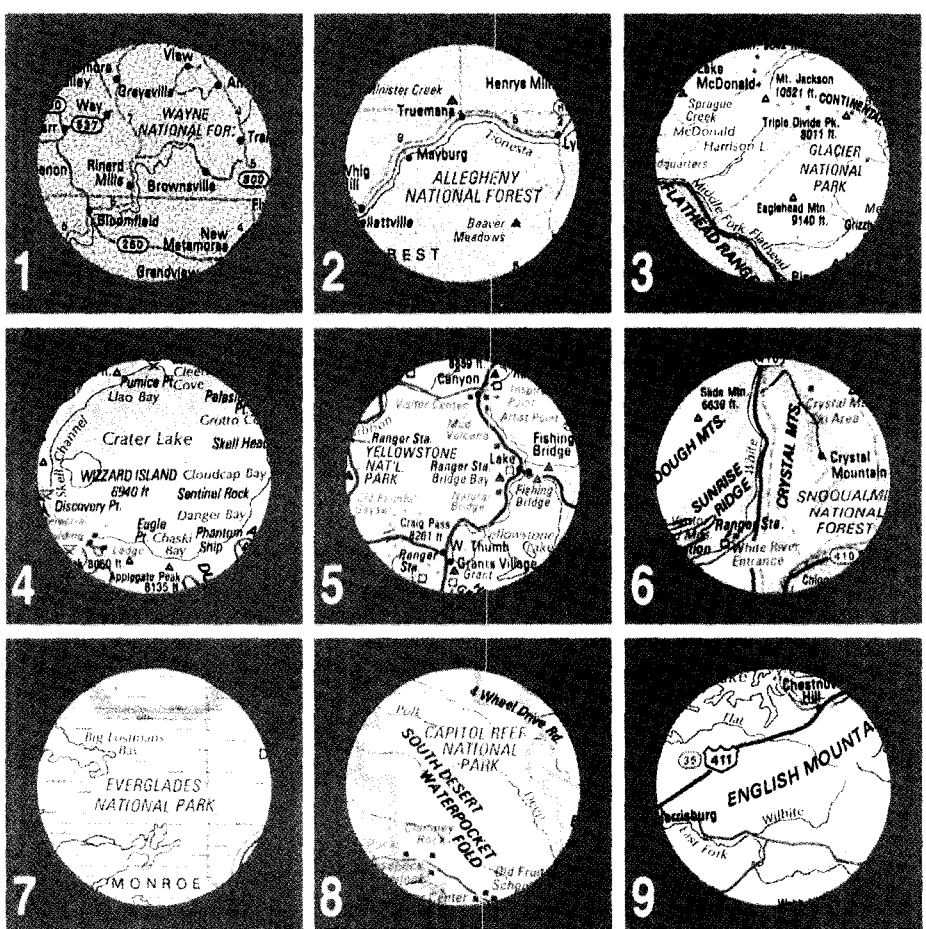
City _____ State _____ Zip _____

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

the "MacNeil/Lehrer NewsHour"—I know it's hard to believe—with a "gotcha journalism" piece that, in my opinion, and Robin MacNeil's opinion, and other people's opinion, smirked of cuteness and meanness, as well as arrogance and ignorance. We were stunned that a magazine like *Fortune* had joined that crowd. It made us angry for ourselves, and it mostly made us angry for our business. If *Fortune* magazine is doing it, what is next? We chose not to remain silent about it, and we will not remain silent ever again. And I, please, on this day urge all of you in this audience to do the same thing. Do not tolerate lousy, arrogant, snide journalism. If somebody does it in your newspaper that you read, and on your television news program that you watch, or on the radio program that you listen to, complain and don't watch those news programs, don't read those newspapers.

Sermon's over.

That brings me to the second part, the advice. Some of the dumbest people I know personally had degrees from some of America's finest institutions of higher learning. They walked across a stage like this, took the diploma in hot little hand, walked off the other end, said, "Hey, hey, you know, I'm educated," and proceeded to never read another book, never entertain another fresh idea, and most tragically for their society and their country, never again paid much attention to anything other than themselves, to much of anything that was happening around them or to others.



© AAA National Travel

Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 95)

Please, please do not do that. Leave here today caring about your mind but also caring about your neighborhood, your government, and your world. I believe, and I believe passionately that there is no problem that we, the most civilized nation and progressive, and wild, and wonderful country in the world, cannot solve. Go through the list: economics, race, education, crime, healthcare, welfare. It is absolutely absurd for us—you, and me, and everyone else—to allow these problems to eat away at our resources and our spirits. But it is absolutely absurd to think they are going to be solved without you and me and everyone being involved in the solutions.

This is not a political philosophy I'm speaking about; it is a state of mind. I urge you to accept it, adopt it, shout it this afternoon in this great place, and in all other places you go from this day forward.

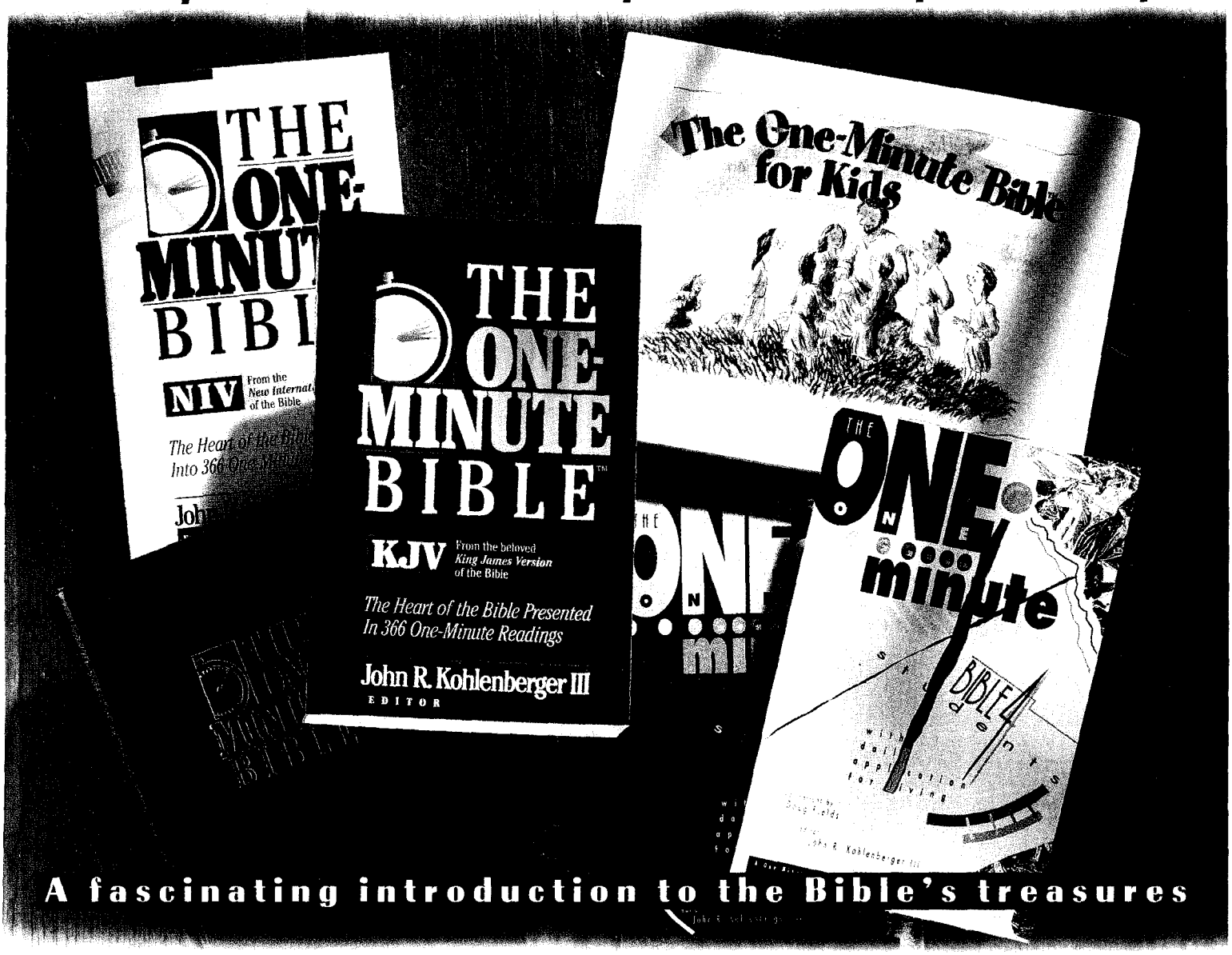
And that leads me finally to say something that comes in the form of the ultimate recycled quote. It is what a lieutenant governor of Oklahoma said in a commencement speech to the graduating class at Oklahoma Southeastern State College in Hugotown, Oklahoma. He said, and I quote: "As you search for your place in life, I hereby advise you to take risks. Be willing to put your mind and your spirit, your time and your energy, your stomach and your emotions on the line. To search for a safe place is to search for an end or rainbow that you will hate once you find it. Take charge of your own life. Create your own risks by setting your own standards, satisfying your own standards. Take charge." Still quoting: "Congratulations to you all. It is unlikely that any of you will ever have occasion to remember either me or my commencement address. I don't blame you. But if by chance something does linger, I hope it's just that there was a guy up there who kept saying, 'Risk, risk, risk, risk it'." End quote.

Now, it is the ultimate recycled quote because it is from a novel published in 1990 called *The Sooner Spy*. I wrote that novel. And I stole those exact lines verbatim from a real commencement address I gave in 1984 at a graduating class for my oldest daughter. So, it is a quote of a fictional quote that began its life as a real quote, and if that isn't the ultimate recycled quote, I don't know what is.

Anyhow, it means as much today as

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

A new family of Bible products for every member of your busy family!


THE ONE-MINUTE BIBLE
NIV
From the New International Version of the Bible
The Heart of the Bible Presented In 366 One-Minute Readings
John R. Kohlenberger III
EDITOR
The One-Minute Bible for Kids
THE ONE-MINUTE BIBLE™
KJV
From the beloved King James Version of the Bible
The Heart of the Bible Presented In 366 One-Minute Readings
John R. Kohlenberger III
EDITOR
THE ONE minute BIBLE

A fascinating introduction to the Bible's treasures

The One-Minute Bible™

The original best-selling edition contains the heart of the Bible in 366 carefully selected one-minute readings from the New International Version™, the most widely used modern translation of the Bible. Its passages cover every book of the Bible, all major doctrines of Christianity, and the best-loved verses of all time. An excellent devotional Bible or the perfect gift for that person who is not very familiar with the Bible. Over 250,000 copies sold in the first year of publication.

NIV Paperback, $11.95
NIV Hard cover, $17.95
KJV Paperback, $11.95

The One-Minute Bible™ for Kids

It begins with a minute. It can last a lifetime! Daily one-minute Scripture readings from the New International Version™ of the Bible along with numerous interactive features will enhance your child's understanding of the Bible. Features four sections of full-color art and black-and-white illustrations on every page.

NIV Hard cover, $16.95

The One-Minute Bible™ for Students, *with daily applications for life.*

An upbeat devotional Bible to help busy students maintain a daily Bible-reading habit. The full text of the original edition of *The One-Minute Bible*™ in the easy-to-understand language of The Living Bible™, with eye-catching graphics and relevant applications for each day of the year. A great gift for any teenager.

Paperback, $12.95

For more information write:

GARBORG'S Inc.
P.O. Box 20132 / Bloomington, MN 55420

Or visit your local Christian Bookstore

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

it did in 1984. The lieutenant governor of Oklahoma asked me to say to you that he still feels the same way, too. We all say congratulations. I am honored by this honor. I am honored to be with you and your Class of 1993, and I speak for the other honorary degree recipients in saying the same thing for them. If we are known by the company we keep, then I want to be known from this day on for the company I kept this morning. Whether it is Friday or it is Sunday, I had a terrific time. Thank you very much.

Reprinted by permission of Williams College.

Can you name this picture?

. . . contest: *The Saturday Evening Post* will award $100 to the author of the winning caption for this picture. Your entry must be a limerick of exactly five lines.

Send your entry on a postcard. Entries will not be returned. Enter as many times as you wish.

Send entries to: Limerick Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible caption entries must be postmarked by Dec. 17, 1993.

The winner of the Nov./Dec. 1993 contest will be announced in the March/April 1994 issue.

Our congratulations and a check for $100 go to Adele Macadam of Spring Valley, Calif., for the winning entry in our July/August 1993 caption contest.

Though it's not the vacation she'd planned
On the beach in some faraway land
Still the price can't be beat
At her rooftop retreat
And her dog likes it better than sand.

From Riots to Races

continued from page 73

at school to be very good . . . I wish the love in my family will last."

In his essay, Valle singled out the necessity of values: ". . . I am still a 13-year-old adolescent. But I can have a solid influence on my society . . . I'll convey to people to judge others by their character. . . ."

Mart stressed that values can only be attained through education: ". . . My education can help me create a new city of unity, justice, and opportunity at an individual level by providing me with the values of respect, responsibility, and ethical unity. . . ."

Hernandez envisions the Inner-City Games spreading to Washington, D.C., Dallas, and other big cities in the near future. "Sports is the universal language that these teenagers speak," he says. "If we can make an impact on the grass-roots level, that impression will last forever." Certainly hearing 120,000 kids promising "to play fair, to stay in school, and not do drugs, and not join gangs," is reassuring.

Heritage of Old Salem

continued from page 79

mas. Families gather in church on Christmas Eve to celebrate the birth of Christ. The service begins with prayer and song. Meanwhile, women distribute love feast breads and men carry wooden trays of mugs filled with love feast coffee. The minister explains that a love feast brings Christians together for a simple meal; the event demonstrates that all people are part of a single family under God. As the congregation eats and drinks, the minister reads the Christmas story.

The congregation sings the traditional Moravian carol, "Morning Star, O Cheering Sight," and the church lights dim. Each family member receives a candle with a red ruff at the bottom. During the hymn's final verse, the candles are raised, symbolizing Christ as the light of the world.

All too quickly the carol ends, the lights come on, candles are snuffed out, and the spell is broken. Each person leaves the church and, somewhat reluctantly, returns to the world of business, school, and chores. However, through some mysterious power unique to the season, the spirit of a long-ago Christmas lingers. And another worshipper is blessed by the heritage of Old Salem.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Diagnosis: Prostatitis

continued from page 28

abdominal wall (suprapubic catheter). Chronic bacterial infections of the prostate are more difficult. Recurrences are common, necessitating long-term usage of oral antibiotics for suppression.

"Even the so-called nonbacterial form of prostatitis," he continued, "we treat shotgun fashion with an antibiotic just in case the inflammation is being caused by an infectious organism like *chlamydia,* which doesn't show up in our routine cultures." Shotgun therapy meant a random trial, in the case of nonbacterial prostatitis of tetracycline, erythromycin, minocycline, doxycycline, or one of the newer fluoroquinolones. Unfortunately, the "cure" rate is not spectacular; the recurrence rate is high—all meaning chronic trials of antibiotics and liberal usage of symptomatic treatments like sitz baths, anti-inflammatories, and an observance of any dietary factors that seem to affect the occurrence of symptoms, especially spicy foods. The role that zinc plays in this disease is receiving some intriguing study presently.

Experts can't agree on the cause of any of these categories of prostatitis. The bacterial variety may be due to a retrograde seeding of bacteria up the urethra—though doubtful. Another theory is seeding of the prostate by way of the lymphatic drainage from the nearby rectum: hence, the association with chronic constipation and straining. Nonbacterial prostatitis may be caused by an as yet unidentified bug or, like prostatodynia, may be initiated by a so-called reflux of urine washing back through the prostatic channels that open into the back of the urethra, setting up a severe spasm of muscles as a "chemical" prostatitis is created. In any event, muscle relaxants like diazepam or smooth muscle blocking agents like prazosin may offer some symptomatic relief. Unfortunately, responders must continue this medication indefinitely.

"Basically," my friend summarized, "you need to consider your condition something like an arthritis or bursitis. You may get chronic or intermittent symptoms, but it won't kill you, and it won't lead to cancer."

"Cancer?" I exclaimed. "You know my family history," I reminded him. "I've used the PSA (prostatic-specific antigen) as a screening blood test in the past. I suppose it's not valid in light of a prostatitis diagnosis?"

"Correct," my friend reminded me. "Prostatitis can cause a falsely elevated value of the PSA well above normal. Your screening for cancer should be done with the transrectal ultrasound." The ultrasound is a device that creates sound wave pictures of the prostate. "The PSA will usually be reliable once the symptoms of the prostatitis have been gone for at least 8 to 10 weeks."

"Don't pet him! He's been naughty all day!"

He paused before delivering his final pronouncement. "Prostatitis is the most frustrating condition a urologist treats. You've just got to try to understand as much about it as you can. Study your own lifestyle to see what factors may be associated—stress, exercise, diet. It's one heck of a dilemma."

That it is. Since the initial episode of prostatodynia last year, I've had two more episodes. I've managed both symptomatically with sitz baths, muscle relaxants, and stress reduction. I'm certainly reading a lot more—especially about prostatitis. ▲

Homemade Gifts

continued from page 20

♥ ♥ ♥

Spicy Mustard Sauce

(Makes 1¾ cups)

1 (2 oz.) can dry mustard
¾ cup medium dry sherry
½ cup Dijon-style mustard
½ cup pommery cracked seed mustard

Place dry mustard in food processor bowl. Pulse machine on and off while pouring sherry through feeder. Continue processing to a smooth, thick paste; add more sherry if necessary. Add Dijon-style and pommery mustards. Turn machine on and off a few times; adjust consistency with more sherry, if needed, for thick, saucy quality. Store in covered glass jar in refrigerator up to two months. Label and decorate container.

Per serving (1 tablespoon):
Calories: 29 Carb.: 1 gm
Chol.: 0 mg Protein: 1 gm
Sod.: 112 mg Fat: 1 gm
Fiber: 0 gm

♥ ♥ ♥

Bean Soup Mix

(Makes 8 servings)

1¾ cup beans (any type: pinto, black, kidney, black-eye, northern, whole or split pea, barley, garbanzo, large or small lima)
1 pound turkey ham, chopped
1 (15 oz.) can tomatoes, chopped
1 large onion, chopped
1 green bell pepper, chopped
½ teaspoon garlic, minced
3 quarts water

Wash beans, cover with water, and soak 4 hours or overnight. Drain beans. Chop tomatoes, onion, and green pepper; put in large, heavy pot with beans and garlic. Add water. Cook slowly at least 5 hours. To prepare as a gift, put beans in a canning jar and attach recipe on a card. ▲

Per serving (1 cup):
Calories: 220 Carbohydrate: 28 gm
Cholesterol: 45 mg Protein: 20 gm
Sodium: 654 mg Fat: 4 gm
Fiber: 7 gm

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

- a personalized *"SnapShot"* calendar featuring 12 of *your favorite family photographs* and all of your loved one's birthdays, anniversaries, and other special occasions highlighted as prominently as Christmas and the Fourth of July! Order Now!

CLIP AND MAIL TODAY

_____ FAMILY CALENDAR
FAMILY NAME

MONTH DAY NAME EVENT

MONTH DAY NAME EVENT

MONTH DAY NAME EVENT

Attach additional sheet(s) if needed. There is no limit to the number of entries. We may edit lengthy entries to fit. Indicate the month each photograph should appear. Send Pictures (No Negs) All are returned.

First Calendar $ 35.95

Duplicate Calendars *(with same list of events)*

(Quantity) _____ @ $28.95 each $_____

California Residents add Sales Tax $_____

Total $_____

Shipping & Handling included! Allow 3 to 6 weeks for delivery.

Check or DISCOVER VISA MasterCard Exp. Date _____

Card # _____

Name _____

Address _____

City _____ State ____ ZIP _____

Phone # _____

SEND ORDER TO

FAMILY CALENDAR

P.O. Box 10091 - Dept. DEN

Marina del Rey, CA 90295

(800) 326-1225

Call for FREE brochure

Precious Moments

continued from page 39

wanted to give a message of comfort.

"They were a beautiful and inexpensive way to remember someone, so I was frequently buying the figurines—but always for someone else. It wasn't until 1985 that I really began serious collecting, and I've had to search hard for those early figurines that I remember giving away!"

The deeper meaning of the figurines is best expressed by Fox when she explains that the messages can say things to people that they might not accept when the words are spoken. A gift to her husband Bob makes her point with eloquence.

"Bob was a lifelong alcoholic, and he was killing himself with drink," relates Fox. "In 1987, our five grown children and I made the decision that we had to have an intervention with Bob if we were to survive as a family. It was a very difficult time for all of us, especially Bob.

"He entered into a rehabilitation program and was hospitalized for treatment. I wanted to give him something that would remind him that we were all standing beside him through this awful time for him. I went to my favorite gift shop and asked if there were any new Precious Moments figurines. A brand-new piece had just arrived, and there was only one figurine left. It was the little boy holding the tiny fish—*My Love Will Never Let You Go*. It was so perfect, because Bob had always been a great fisherman, and I believe that God provided me with this message when we needed it most."

Fox took the figurine to Bob in the hospital, and she remembers, "He almost cried. He named the figurine 'George'—a joke between Bob and his brother Bill—and when it was placed with the rest of my collection, Bob always pointed it out as his. I don't believe he would have accepted the message from me, but the figurine was able to say what I couldn't."

Bob and Shirley shared only one year of sobriety before Bob died of a cerebral hemorrhage in 1988. "Perhaps it would help other families to know what Bob told me on our wedding anniversary shortly before his death. 'Thank you for this year,' he said. 'The worst day of sobriety is better than the best day of drink.' I never thought I'd hear him say that."

When Bob died, a friend gave Fox the figurine *This Too Shall Pass*. She said she knew then that the pain of her loss would heal in time, and it gave her extra strength when she placed it right next to "George."

The caring of Fox's many Precious Moments friends helped her get through her loss. She happily speaks of friends she has made from Connecticut to California, and many places in between, as a result of her membership in the Precious Moments Collectors' Club.

"We aren't just people who all collect cute little figurines," she says adamantly. "We are caring people who have been brought together to do what we can for others. Adopting a child in the Philippines so he can go to school; helping families in crises by providing food and support; it's reaching out to help people in whatever way we can. We're people who have love for God; our families are important to us; we're patriotic; we have love for our fellow man. Precious Moments people have instant rapport with each other. It feels like you've known each other all your life: We're family."

The motivation of this deep devotion of collectors, coupled with Sam Butcher's own personal faith, prompted the artist to embark on the most ambitious artistic undertaking of his life. Butcher had visited the Vatican's Sistine Chapel, and he dreamed of being able to create something so remarkable.

In 1984, he came upon the beautiful rolling hills near Carthage and began to make his dream a reality. For the next five years, Butcher would devote thousands of hours to designing, supervising construction, and, ultimately, lying on his back for hundreds of hours on a 35-foot high scaffolding. When the Precious Moments Chapel opened free to the public in 1989, it contained 15 stained glass windows, 54 murals, and the remarkable Michelangelo-style ceiling—all original works by Sam Butcher.

"I really will never consider the chapel complete," declares the artist. "I will always be adding to it. It's my gift to the Lord, and I will probably continue working on it for the rest of my life."

The chapel is understandably a favorite pilgrimage for collectors, but almost as high on their wish list is the rare opportunity many have been given to visit the Precious Moments display area at Enesco World Headquarters in Elk Grove Village, Illinois.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Freedman and Butcher together continue to make all decisions regarding the collection; both are dedicated to preserving its integrity and protecting its future for the collectors who have invested so much time and money in it. One of those efforts is to personally oversee the quality of each piece. Japanese master sculptor Fujioka-san still trains the artisans in the Precious Moments Design Studio at Nagoya, Japan.

"The integrity of the collection is our most important responsibility," explains Freedman. "Just as Fujioka-san continues to assure that every artisan is perfectly trained in the sculpting and handpainting of the figurines, Sam and I are committed to taking the necessary measures to ensure the continued value and quality of the collection. We owe this to our wonderful collectors. They've made the collection what it has become—America's most popular collectible—but more than that, they have enabled so much good to be done for others through their selflessness and their loving spirit. The best way we can thank them is to continue in our diligence to protect and preserve the collection for them."

"...Loving, caring and sharing is the secret to life, my friend..."

Now you can own the beautiful Precious Moments song by Pat Boone . . . along with nine other inspirational favorites! This limited edition cassettes . . . **PRECIOUS MOMENTS with Pat Boone** . . . is a prefect Holiday gift for the entire family!

Orders placed by November 20 will arrive in time for Christmas!

★ **10 PAT BOONE FAVORITES** ★
Only $10.00 (plus $2.00 s&h)

TO ORDER, CALL TOLL FREE
1-800-416-2211
or send check or money order to:

Precious Moments with Pat Boone
P.O. Box 1466
Elk Grove Village, IL 60009-1466

THE ENESCO PRECIOUS MOMENTS COLLECTION

Colo-Fresh Takes the Odor Away!

100 tablets only $11.99—(Over a month's supply)

✔Colo-Fresh is ideal for people with colostomies, ileostomies, or wherever fecal odor might be a problem.

✔It is designed as a deodorant for internal use and is taken orally in a tablet.

✔Use Colo-Fresh (bismuth subgallate), available as a non-prescription drug, and don't let the embarrassing fecal odor occur.

The American Foundation for Preventive Medicine is a not-for-profit, 501(c)(3) organization. Proceeds from the sale of this product go to medical education and research. For repeat orders, send product number from label to receive 15% discount.

Call **1-800-433-5818** or send check/money order with coupon:

The American Foundation for Preventive Medicine, P.O. Box 130, Indianapolis, IN 46206-0130

_____bottles Colo-Fresh @ $11.99 each + $2.00 s&h. Total enclosed*_____

VISA MasterCard Acct. #_____Exp. date_____

Signature_____

Name_____

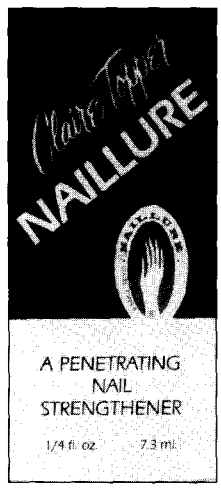
Address_____

City_____State_____Zip_____

*U.S. currency only. Allow 4-6 weeks for delivery. *IN residents add 5% sales tax.* CF693

NAILLURE®

Now you too can have longer, stronger, more beautiful nails.



NAILLURE is not a coating. It contains a mild penetrating formula that leaves nails strong but flexible. No more cracking or chipping. ***NAILLURE*** is applied before manicuring and can be worn over nail polish. Each bottle contains 100 applications.

Active ingredient: Formaldehyde

This product really works!

Don't be a hand hider any more.

To order, call 1-800-433-5818 for VISA or MasterCard orders, or use the handy coupon below.

Yes, send a bottle of ***NAILLURE***, I have enclosed my check or money order for $5.00 (+ $1.00 p&h) to: American Foundation for Preventive Medicine, P.O. Box 1144, Indianapolis, IN 46206-1144.

Name_____

Address_____

City_____State_____Zip_____

Allow 4 weeks for delivery. Ind. residents add 5% sales tax.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

MEDICAL MAILBOX

by Cory SerVaas M.D.

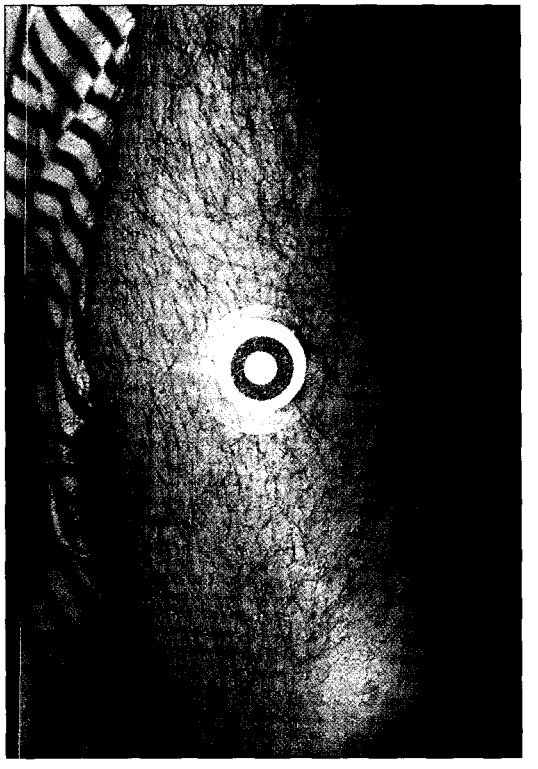
"...all at present known in [medicine] is almost nothing in comparison of what remains to be discovered...."—*René Descartes*

Help for Holiday Revelers

Holiday revelers in the future may be helped with a patch to warn them when their blood alcohol level is too dangerous for driving. A Band-Aid-type patch was developed at the University of Chicago Department of Anesthesia and Critical Care. Dr. Michael Roizen, chairman of the department, believes the patch may be used in a number of ways to prevent drunk driving.

The patch, about the size of a penny, attaches to the skin by an adhesive coating around its rim. Normal evaporation of body fluid through the skin carries alcohol vapors into the center of the patch which contains a chemical that turns green when a certain blood alcohol level is reached.

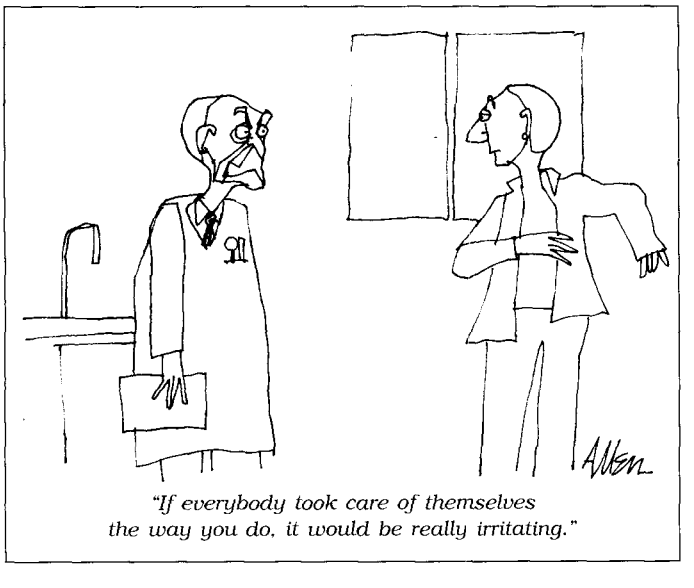
Although the patch can be applied anywhere, on the back of the hand, for example, it seems to be most sensitive when placed on the forehead. In this position, it is visible to all present, whether at a bar or a party at home, perhaps permitting sober patrons or guests to dissuade a more tipsy drinker from driving.



The center of this adhesive patch will turn green if the blood alcohol level is too high to drive safely. The patch is the size of a penny.

Once research is completed, Dr. Roizen says, different types of patches may be available. Some may turn color at just the legal level of blood alcohol. Others may produce a more graded response, allowing police a more accurate assessment of the blood alcohol level. Emergency room personnel would find the patches useful for rapidly determining whether alcohol is a factor in a particular case. Parents might even use patches to check on the activities of their teenage children.

Whatever their use, we can only hope that patches will help reduce the carnage on our highways, most of which is alcohol-related.



"If everybody took care of themselves the way you do, it would be really irritating."

An Even Keel

Dear Dr. SerVaas:

In the July/August '93 issue, Dolores Simpson of Minneapolis wrote about having problems going from euphoria to depression. I have been there, and she has only described some of the symptoms.

In my case, after many years of counseling and different doctors, I found one doctor who listened to my problems and ran tests. He discovered a myriad of related problems from which many women suffer.

The mood swings are caused by a chemical imbalance. I was put on Prozac and almost immediately improved. Over time, my dosage was increased until I now take 60 mg a day. I have been taking Prozac for several years, and everyone around me has noticed a big change.

Since my moods have evened out and I am in better control of my emotions, my entire family has become closer, and we are doing more things together than we ever did before.

I have heard some people cannot take Prozac for different reasons, but those suffering from these symptoms need to find a doctor who will listen to the problem and run the necessary tests to find out exactly what the body is lacking—or creating an improper balance of—and put the patient on a treatment program that will work for them.

It makes the difference between just being alive and living your life to the fullest.

Patti Casterline
Greenfield, Indiana

Dear Dr. SerVaas:

In the July/August issue of the *Post*, you printed a letter from a woman who complained of feeling happy one day and down in the dumps the next. You titled her

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

letter "Rollercoaster Swings."

About 10 years ago, my own sister started a pattern of mood swings. We did not know what the problem was, and even the doctor she saw offered her no help.

Then we found a book called *Moodswing: The Third Revolution in Psychiatry*, written by Dr. Ronald R. Fieve, which gave us all the information we needed. He describes the problem of manic-depression in this book and suggests that most patients respond very well to lithium. We contacted the local mental health facility where she was counseled, diagnosed by a psychiatrist, and put on lithium. Within 48 hours she was nearly 100 percent "normal."

She still takes lithium, and although she does still cycle, it is not to the extreme that it used to be. She lives a totally normal and productive life now, thanks to her medication. Without it, she was incapacitated during her down cycle.

I hope this information will be helpful to the reader who wrote for help. Help is available, but a lot of general practitioners don't seem to know much about the illness of manic-depression—so she may need to seek help from a psychiatrist, or at least from her local mental health facility.

We wish her luck in finding the help she needs!

Sandy Jones
Chico, California

More on Guillain-Barré Syndrome

Dear Dr. SerVaas:

My husband survived a bout of Guillain-Barré Syndrome (GBS). He was in the hospital for 45 days. The paralysis went from his toes and fingers almost to his diaphragm. His paralysis has receded, but it has left him with permanent numbness in his feet and a damaged left leg. I have discovered there is not much information written about GBS. Can you please tell me more about the recovery process?

Mrs. D.V. Hall
Amarillo, Texas

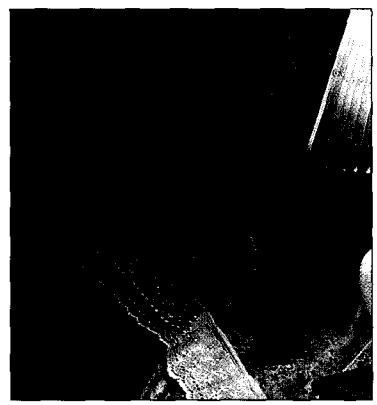
In the May/June '93 and July/August '93 issues of *The Saturday Evening Post,* Dr. Lawrence Martin reported on a young mother's struggle with Guillain-Barré Syndrome in his article, "Mommy, Why Don't You Hug Me?"

GBS has replaced poliomyelitis as the most common cause of acute generalized paralysis. Each year, GBS occurs in approximately one out of 50,000 people. Symptoms usually start with numbness in toes or fingers and may progress to leg weakness, foot drop, pain, hand weakness, facial weakness, and difficulty in swallowing. Some patients even need to be placed on a ventilator. The weakness will usually stop progressing after about three weeks. Improvement after the initial phase may take months. Only about 15 percent of patients have no residual effects. About 65 percent will experience some permanent problem such as numbness or muscle weakness somewhere in their body. Five to 10 percent have severe disabling impairments. The severity and course of GBS is so varied that to forecast the outcome for any patient would be impossible.

Physical therapy is important. Passive or active range-of-motion exercises are necessary to keep tendons and ligaments from shortening and muscles from getting weak and wasted. Therapy will help preserve the remaining function and allow the patient to maintain a more normal lifestyle. Maintaining muscles in the best possible condition allows a quicker recovery if the nerve supply can ever eventually be restored.

A One-Second Thermometer

A new invention is now available that makes taking a temperature safer and faster than before without sacrificing accuracy. Surprisingly, the temperature is taken in the ear. The device, called a Thermoscan, reduces the time spent taking a temperature from three, five, or ten minutes for an oral, rectal, or axillary reading to just one second. And sleep need not be interrupted.



The new Thermoscan now reduces the time spent taking a temperature to just one second.

Thermoscan works by measuring the infrared heat generated by the eardrum. It is accurate because the eardrum shares the blood supply with the hypothalamus, the brain's control center. Furthermore, the ear temperature is not affected by eating, drinking, or breathing, but directions must be followed exactly.

The hand-held device is placed in the ear in the same manner that the doctor examines ears. Just push a button, and easy-to-read digital numbers display the result—no need to worry about broken glass, or whether the thermometer was under the tongue long enough. This device is far safer to use with restless children, confused adults, or someone with a seizure disorder. People who have difficulty handling or reading a thermometer would benefit because it's so easy to obtain a temperature.

"Could I cancel my appointment? The answer to my problem is right here in this article."

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

This new product would make a very useful family gift for Christmas. To order a Thermoscan, write to: The American Foundation for Preventive Medicine, P.O. Box 1144, Indianapolis, IN 46206-1144 or call 1-800-433-5818.

Cat Scratch Disease

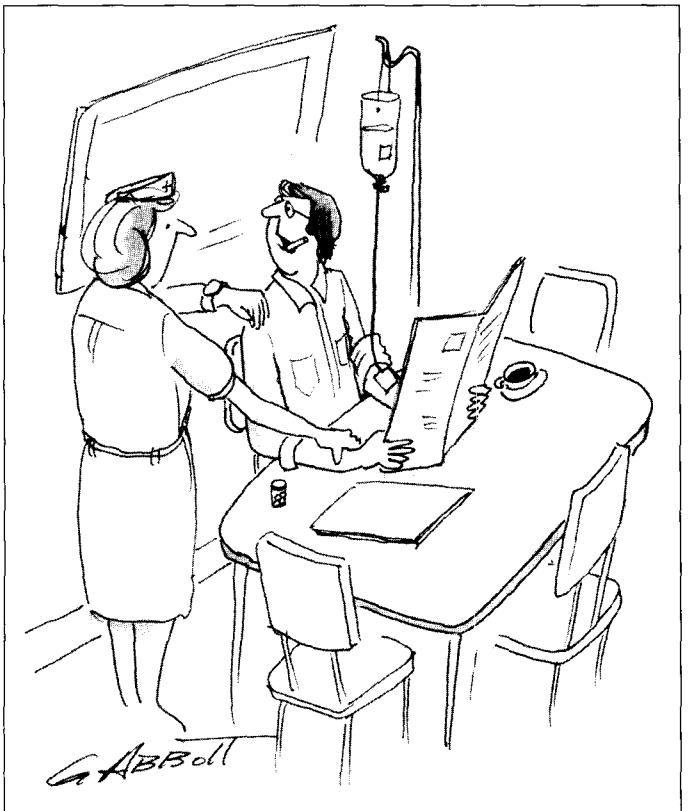
Dear Dr. SerVaas:

My wife was recently scratched by a neighbor's cat. We were told she could have gotten ill from this. Nothing, as far as we know, came of the scratch. What could have happened, and what should we have looked for?

Mr. S. Roberts
Anaheim, California

It's possible your wife could have been exposed to cat scratch disease. Each year, 22,000 cases are reported in the United States; more than 2,000 end up hospitalized. Most cases are mild and include such symptoms as swollen lymph nodes, fever, rash, skin lesion at the site of the bite or scratch, and malaise. Some cases, however, can be severe and prolonged. A new test on the patient's serum called an indirect fluorescent-antibody test seems to be fairly reliable and highly sensitive. The cause of the disease appears to be *R. henselae*, or a closely related organism. Antibiotics are generally prescribed.

Because this disease is not completely understood, it can be difficult to prevent. There seems to be a higher incidence of the disease among people bitten or scratched by a kitten rather than an older cat. No one knows if the organism is on the animal or in the cat's body fluids. The animal, however, does not appear ill. One study also suggests that fleas may spread the disease in some way; fleas have carried other animal diseases that cause illness in humans. Further research should bring better prevention measures.



"Admit it, Agnes, you miss working at the hospital."

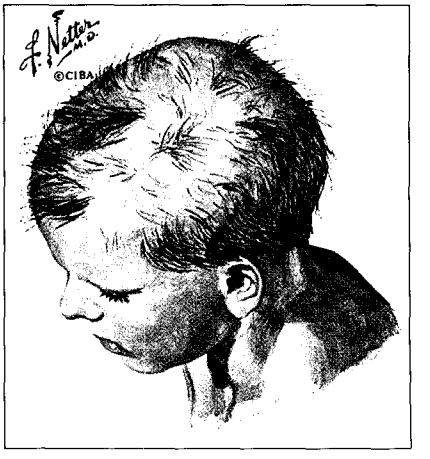
Hair Loss

Dear Dr. SerVaas:

My daughter is 4½ years old and loses so much hair every time I comb it, I'm starting to get concerned. This has been happening for quite some time, and now one side of her head is extremely thin with hardly any hair (no bald spot on scalp, though). I had a thyroid test done, and it came back negative. Could this be a nutritional deficiency? She does not drink milk, but I give her a calcium supplement every day. Have you ever heard of this happening, and do you know what I can do to prevent it?

Kristina Croteau
Frederick, Maryland

We referred your letter to Dr. C. William Hanke at the Indiana University School of Medicine. Dr. Hanke writes, "It is unusual for a healthy, 4½-year-old girl to have extensive hair loss. There are a number of possible causes. A distinct possibility is a disease called alopecia areata."



Alopecia, the medical term for partial or complete hair loss, has many causes. Sometimes hair loss occurs up to three to four months after a severe illness with fever. Other times, certain drugs or vitamin A overdoses can trigger hair loss. Alopecia areata occurs in individuals with no obvious skin disorder or systemic disease.

A dermatologist could confirm your daughter's diagnosis and investigate the treatment options.

Galactosemia Testing for Newborns

Only five states do not yet require testing of all newborns for galactosemia: Arkansas, Hawaii, Louisiana, Pennsylvania, and Washington. Undetected galactosemia in a newborn can lead to death or a lifetime of severe mental retardation that could be prevented with an inexpensive, heel-prick blood test. This test should be given to newborns when they are screened for hypothyroidism and PKU.

Galactose is a milk sugar that needs an enzyme to convert it into glucose the body can use. Without this enzyme, galactose accumulates to dangerously high blood levels. Because mother's milk and cow's milk contain galactose, very early detection is essential. The test must be done immediately, because any amount of ingested galactose in milk can harm the baby.

The Saturday Evening Post has long worked to help every state pass legislation that would require testing for galactosemia. Waiting for symptoms to diagnose galactosemia would take too long. Symptoms for galactosemia are exactly like those of more ordinary colicky babies. The best way to avoid the mental retardation for life that galactosemia causes is by putting babies on a galatose-free diet immediately.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Arkansas residents would do well to write to their former state Board of Health director and pediatrician, Dr. Joycelyn Elders, now our Surgeon General. Perhaps she could save babies from this dreadful future by influencing the Arkansas legislators. All neonatalogists we have consulted agree that adding this test to the existing heel prick test is very cost effective.

We're publishing a letter we received last month in response to our efforts in Washington state. This letter will illustrate why it is important for the public to become involved with medical problems.

Sometimes those in government don't understand the issue. For example the Director of Legislative and Constituent Relations in the Department of Health in Washington state is simply misinformed. Her letter follows:

Dear Dr. SerVaas: This letter is in response to your letter of August 18 which encourages Washington state to test all newborns for galactosemia and requests addresses of Washington State legislators.

The Department of Health and State Board of Health have recommended not to screen newborns for galactosemia. This decision was based on the limitations of the screening tests available today. In most cases, by the time the test results are known, it is already too late to begin treatment. Even if all children were tested, the medical literature indicates that more than half of the affected children would die and many remaining children would likely suffer from irreversible physical and mental disabilities. We believe that we stand a better chance of helping these children if we help health care providers learn to look for and diagnose galactosemia as soon as the babies become symptomatic. The department has begun an effort to carry out expanded provider education about galactosemia.

I have enclosed a directory of Washington state legislators. If you have any questions, or need additional information, please contact me at (206) 586-7297.

Kris Van Gorkom, Director
Legislative and Constituent Relations

We asked the chairman of the Department of Pediatrics at Riley Hospital for Children to comment on Ms. Van Gorkom's letter. The response we received follows:

Dear Dr. SerVaas: I have checked with our pediatric metabolism faculty who are experts in this area. I do not know the name of the similar individual in the state of Washington, but I would be surprised if such an individual agreed with the statements in the above referenced letter. It is possible that there are no such pediatric metabolism/genetic experts in the state of Washington, as there are many states that have no such individuals. The pediatric metabolic faculty member who I consulted stated that the data and our experience clearly show that early diagnosis has improved the outcome of infants with galactosemia.

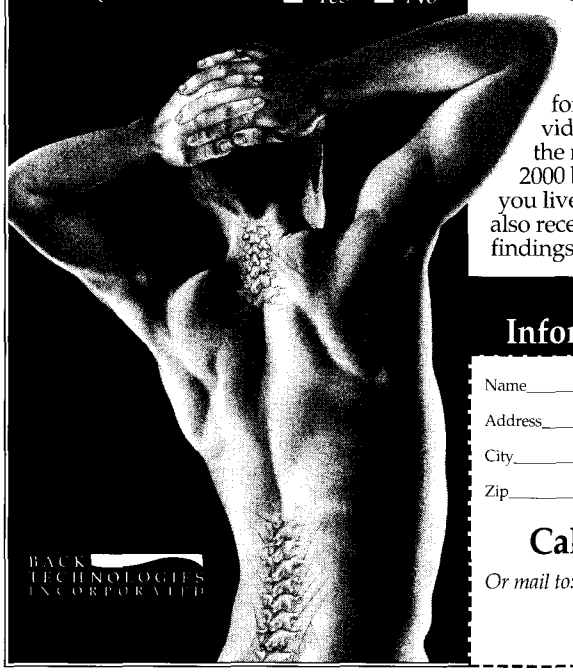
Newborn screening has significantly decreased mortality from galactosemia and the neonatal sepsis which may accompany galactosemia and has significantly decreased complications such as severe mental retardation. The statement that, 'We stand a better chance of helping these children if we can help health providers learn to look for and diagnose galactosemia as soon as the babies become symptomatic' is also the result of misinformation. Galactosemia is rare—the average

Are you frustrated by chronic back pain?

Have you ever seen a doctor or therapist about your pain? ■ Yes ■ No

Do you have impaired mobility as a result of your pain? ■ Yes ■ No

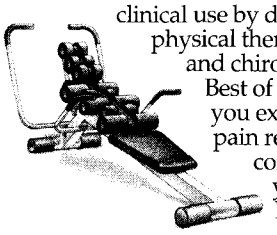
Does your pain persist no matter what you do? ■ Yes ■ No



BACK TECHNOLOGIES INCORPORATED

It's time you learned about the BACKTECH™ 2000 back machine.

The BACKTECH™ 2000 back machine has proven safe and effective in more than five years of clinical use by doctors, physical therapists and chiropractors. Best of all, it lets you experience pain relief in the comfort of your own home.



How it works.

Massage — Soft rollers gently massage your muscles to increase circulation and reduce tension.

Stretching — Muscles and ligaments are passively stretched, increasing flexibility and reducing back and neck pain.

Traction — Increases mobility and removes pressure from discs, reducing back and neck pain.

Call now for a FREE report and video.

To find out more, send for a free brochure and video that demonstrate how the remarkable BACKTECH™ 2000 back machine could help you live without pain. You'll also receive a free report on the findings of several clinical studies.

Call for FREE Information and Video

Name_____

Address_____

City_____ State_____

Zip_____ Phone_____

Call 1-800-433-5599

Or mail to: Back Technologies, Inc.
2525 West Casino Road
Everett, WA 98204
Dept. 803

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

pediatrician will see 0-3 cases in a lifetime; therefore, it is not feasible to "educate" health care providers to think of and diagnose infants who are symptomatic and who might have galactosemia. I might suggest that the individual who wrote this letter contact representatives of the Genetic Screening Committee of the American Academy of Pediatrics to get more information about newborn screening for galactosemia and its benefits."

Richard L. Schreiner, M.D.
Edwin L. Gresham Professor and Department Chairman
Indiana University Medical Center
Indianapolis, Indiana

We urge our Washington State subscribers to read our galactosemia articles in *The Saturday Evening Post* and then straighten out Ms. Van Gorkom.

Antioxidant Supplements

Dear Dr. SerVaas:

What do you think about taking antioxidant supplements? My doctor says no one knows the right dosage and there is no proof that large doses are of benefit. He also says that no one knows the long-term risks. Do you agree?

Name and address withheld

Research continues to show that beta carotene, as well as vitamins C and E, help strengthen the body's defenses against disease. Antioxidants are thought to have some preventive role in heart disease, cancer, emphysema, inflammatory disease, and cataracts.

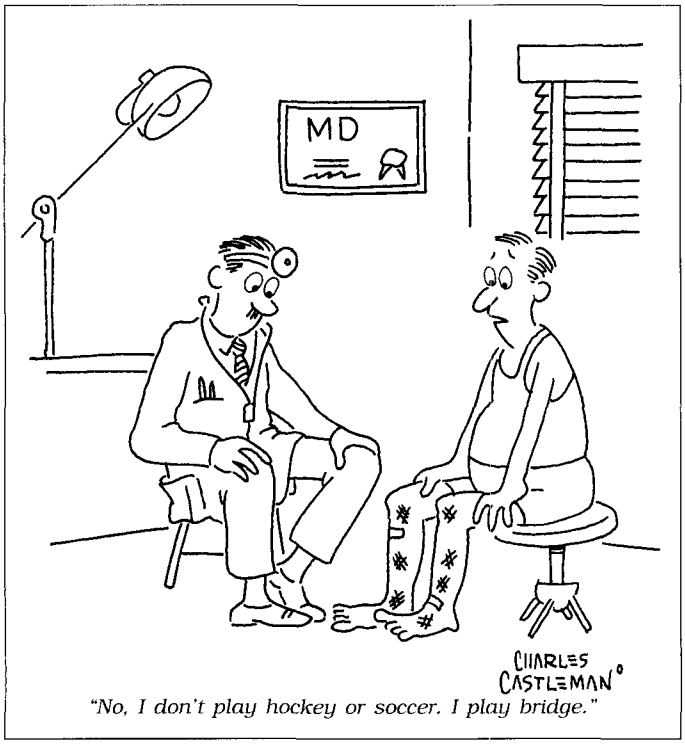
Both vitamin A and vitamin E are fat-soluble (i.e., the body stores them). Beta carotene is a precursor to vitamin A. Although vitamin A toxicity is not uncommon, there are no recorded cases of beta carotene toxicity, only carotenosis. Carotenosis has been reported in some people who consumed four or more pounds of carrots weekly. Present research indicates no harmful side effects of carotenosis. However, most people find yellow/orange skin on their hands and faces undesirable. Information on beta carotene, a newcomer in supplements, is not complete. Moderation in dosage is probably wise.

Vitamin E is also fat-soluble. However, many have taken doses of 200-800 IU for long periods without reporting side effects. Doses should be limited in heart disease patients, because vitamin E can sometimes raise blood pressure.

With vitamin C, many have taken megadoses without ill effects. Excess vitamin C is excreted.

Doctors may never agree on the correct dosage of antioxidants. Given the existing research, medical authorities don't deny the value of antioxidants in the diet. Because many people's diets are nutritionally inadequate, supplementation with antioxidants has merit.

A recent study by Dr. Hermann Esterbauer suggests that a combination of vitamin E, beta carotene, and vitamin C protects the heart better than vitamin E alone.



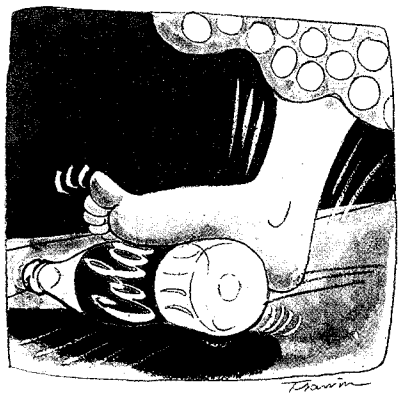
"No, I don't play hockey or soccer. I play bridge."

Bottled Relief

Dear Dr. SerVaas:

Your "Medical Mailbox" is an excellent contribution to a wonderful magazine.

Regarding Moses Abajian's letter in the July/Aug. '93 *Post* concerning his mother's burning feet—I offer my sympathy to her.



I found complete relief after my chiropractor suggested rolling my feet on a bottle or golf ball. I use an old (rigid) Coca-Cola bottle and roll each foot 100 times each morning.

Good luck, burning feet sufferers!

Marion Luffman
Canandaigua, New York

Sock It to 'Em!

Dear Dr. SerVaas:

I read the "Medical Mailbox" in each issue and wanted to share a recent discovery. I have been suffering from severe leg cramps. A friend of mine told me that sleeping in crew or tube socks helped her leg cramps. I have been wearing socks every night for a month and have not had any further leg cramps!

Bertha A. Heiser
Albuquerque, New Mexico

Ulcerative Colitis Update

Dear Dr. SerVaas:

I read about your organization in the *SatEvePost* and was so thrilled to find a place where perhaps I can get more information. I just spent two of the worst months of my life (two weeks in the hospital) finding out and trying to manage the disease, chronic ulcerative colitis. I have a competent doctor, but I am desperate for information. Before I was diagnosed, I also suffered a miscarriage; I understand there could be some connection. Now I am being treated with prednisone, of which I cannot get any direct answers regarding side effects. Also, I am

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

curious about what is new in research, as I understand currently there is no cure. Any information you can send me would be appreciated.

Victoria Roberson
Converse, Texas

An important recent development in treating ulcerative colitis is the use of cyclosporin, a drug used to prevent graft rejection in organ-transplant patients. Dr. Steven Hanauer at the University of Chicago and Dr. Daniel Present at Mt. Sinai Medical Center in New York were pioneers in the use of cyclosporin for ulcerative colitis. The patients they treated with cyclosporin were so severely ill that normally they would have required surgery to relieve their symptoms. After gaining control of the disease while hospitalized, patients have been discharged taking reduced amounts of medicaton. The reseachers report that 80 percent of these severely ill patients have been able to avoid surgery.

Sulfasalazine has been the standard treatment once the acute phase of ulcerative colitis has subsided. Sulfasalazine is a combination of two drugs —mesalamine, sometimes referred to a 5-ASA, and sulfapyridine, a sulfa drug. Because some patients are sensitive to the sulfa portion of sulfasalazine, new products containing only mesalamine are now available. These products include Asacol, Pentasa, and Rowasa in tablet form.

To help readers such as yourself, the Colitis Club was formed. The club publishes a quarterly newsletter of information and news. Write: Colitis Club, P.O. 2166, Indianapolis, IN 46206.

We are writing in depth on the inflammatory bowel diseases (IBD), ulcerative colitis and Crohn's disease. We have done many interviews with authorities and researchers on these diseases. Anyone interested in obtaining copies of these interviews before their publication may write to the "Medical Mailbox" at the *Post*.

Aspartame the Culprit?

Dear Dr. SerVaas:

Your medical reports are thorough and informative. I'm doing some research on behalf of my son-in-law and would like any information you might have about aspartame (NutraSweet)—any negative side effects from its overconsumption. He definitely overindulges on diet pop (something like two quarts a day). The rest of his diet is not so good, either—too much greasy, fried stuff, chips, pizza, etc. He's diabetic, obese, and lately he's been complaining of some odd symptoms: visual disturbances, minor involuntary muscle contractions of his extremities, leg weakness, etc. A doctor wants him to see a neurologist for MS and ALS tests. (Could these also be symptoms of poisoning?)

I'm wondering if aspartame could be the culprit. I read a magazine article several years ago regarding the negative effects of overconsumption of this chemical mixture. It included some case studies listing several symptoms, though I don't remember if MS-like symptoms were mentioned.

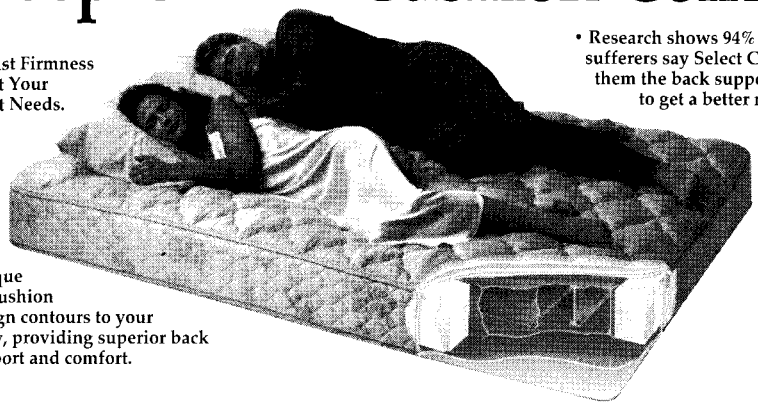
Martha Hatch
Seattle, Washington

We are sending your letter to Dr. H. J. Roberts, 300 W. 27th Street, West Palm Beach, Florida 33407, asking him to respond. He has done a great deal of research on the side effects some people observe after using aspartame (NutraSweet).

Sleep On Air Cushion Comfort

• Adjust Firmness to Fit Your Exact Needs.

• Research shows 94% of back pain sufferers say Select Comfort gives them the back support they need to get a better night's sleep.

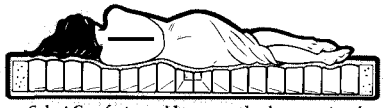


• Unique air-cushion design contours to your body, providing superior back support and comfort.

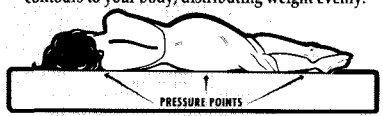
Customized Comfort – You Control The Firmness.

Revolutionary Air Support System.
Select Comfort's unique air support sleep system lets you control the feel and firmness of your bed—simply by pushing a button. Your mattress can be firmer than the firmest innerspring or softer than the softest feather bed...helping you sleep more comfortably, reducing back pain and muscle aches, and providing true support. Change the firmness whenever you like to meet your exact preference.

Adjust Your Side Separately.
Inside the mattress are two air chambers. You can adjust your own side independently. With Select Comfort, you satisfy your own needs without compromise.



Select Comfort provides proper back support and contours to your body, distributing weight evenly.



Innerspring mattresses create pressure points and uneven support.

Waterbeds rely on displacement and can cause a "hammock effect," bending your spine unnaturally.

Try Risk-Free for 90 Nights.
Sleep on a Select Comfort for 90 nights. If you are not completely satisfied, return it for a full refund.

15 Year Warranty.

Discover why 96% of Select Comfort users recommend it to their family and friends.

"I am a doctor and often come home exhausted. This mattress is the most comfortable I've tried."
Dr. Connie H., M.D., Clarksville, OH

"For the first time in years, we wake up without aches and pains and have more energy!"
Mr. & Mrs. Dennis C., Lawrenceville, GA

Order Now or Call For Your **FREE VIDEO** and FREE Brochure

1-800-831-1211

☐ YES! Please send me a FREE Video & Information Packet.

Name _____
Address _____
City _____ State ____ Zip ____
Evening Phone (____) _____

Select Comfort Corp.
9301 75th Ave. N.
Minneapolis, MN 55428-1003

© Select Comfort Corp. 1993 Dept 1855

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Lactofree Removes Lactose from Milk, Retains Protein

The first new category of infant formula in the United States in more than 25 years was released recently. This new formula aids not only babies but doctors, too. The formula, called Lactofree, is made by Mead Johnson. As the name implies, lactose has been removed from this cow's milk-based formula, but not the cow's milk protein, the preferred protein. Before, if a baby had a feeding problem, the physician had only one choice, to put the baby on a soy-based formula. Although babies do thrive on soy products, they lose the benefits from cow's milk's amino acid profile, which is closest to breast milk.

Doctors believe Lactofree allows them to make better diagnoses when babies exhibit symptoms of a feeding problem: the fussiness, gas, and diarrhea. When the child is placed on Lactofree and symptoms disappear, doctors can then diagnose lactose intolerance. If problems persist, doctors may suspect a milk-protein allergy. The diagnosis of lactose intolerance vs. milk-protein allergy is important, because it helps determine the baby's future diet.

George Baker, M.D., medical director at Mead Johnson, is the pediatrician who invented Lactofree.

Esophageal Spasms

Dear Dr. SerVaas:

Your Sept./Oct. '93 issue, page 98 of "Medical Mailbox," had a request for information from Jacqueline Schiff of Moline, Ill.

I would like to tell her that I have had spasms of the esophagus for many years and have found that by avoiding all foods with monosodium glutamate (MSG) I can alleviate the attacks.

I am sure this information will help Jacqueline's relative.

June Mikel Elliott
South Bend, Indiana

"We ran your symptoms through the computer. It died."

Kilogram (kg) to Pounds (lbs) Conversion Chart

kg	lbs	kg	lbs	kg	lbs
40.0	88.0	60.0	132.0	80.0	176.0
40.5	89.1	60.5	133.1	80.5	177.1
41.0	90.2	61.0	134.2	81.0	178.2
41.5	91.3	61.5	135.3	81.5	179.3
42.0	92.4	62.0	136.4	82.0	180.4
42.5	93.5	62.5	137.5	82.5	181.5
43.0	94.6	63.0	138.6	83.0	182.6
43.5	95.7	63.5	139.7	83.5	183.7
44.0	96.8	64.0	140.8	84.0	184.8
44.5	97.9	64.5	141.9	84.5	185.9
45.0	99.0	65.0	143.0	85.0	187.0
45.5	100.1	65.5	144.1	85.5	188.1
46.0	101.2	66.0	145.2	86.0	189.2
46.5	102.3	66.5	146.3	86.5	190.3
47.0	103.4	67.0	147.4	87.0	191.4
47.5	104.5	67.5	148.5	87.5	192.5
48.0	105.6	68.0	149.6	88.0	193.6
48.5	106.7	68.5	150.7	88.5	194.7
49.0	107.8	69.0	151.8	89.0	195.8
49.5	108.9	69.5	152.9	89.5	196.9
50.0	110.0	70.0	154.0	90.0	198.0
50.5	111.1	70.5	155.1	91.0	200.2
51.0	112.2	71.0	156.2	92.0	202.4
51.5	113.3	71.5	157.3	93.0	204.6
52.0	114.4	72.0	158.4	94.0	206.8
52.5	115.5	72.5	159.5	95.0	209.0
53.0	116.6	73.0	160.6	96.0	211.2
53.5	117.7	73.5	161.7	97.0	213.4
54.0	118.8	74.0	162.8	98.0	215.6
54.5	119.9	74.5	163.9	99.0	217.8
55.0	121.0	75.0	165.0	100.0	220.0
55.5	122.1	75.5	166.1	101.0	222.2
56.0	123.2	76.0	167.2	102.0	224.4
56.5	124.3	76.5	168.3	103.0	226.6
57.0	125.4	77.0	169.4	104.0	228.8
57.5	126.5	77.5	170.5	105.0	231.0
58.0	127.6	78.0	171.6	106.0	233.2
58.5	128.7	78.5	172.7	107.0	235.4
59.0	129.8	79.0	173.8	108.0	237.6
59.5	130.9	79.5	174.9	109.0	239.8
				110.0	242.0
				115.0	253.0
				120.0	264.0

Note: Calculations based on approximate common equivalents: one kilogram is equal to 2.2 pounds.

Hospitals always record a patient's weight in kilograms. Doctors determine medication dosages from kilograms. This chart quickly translates the information into pounds for those of us who were brought up on pounds.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Actual size 16" x 12" 3A

THE SATURDAY EVENING POST COLLECTION, NORMAN ROCKWELL CLASSIC TRAYS

For the first time ever, collect this delightful series of Norman Rockwell paintings once captured on the covers of The Saturday Evening Post, now beautifully reproduced in full-color on a series of high-quality serving trays. Suitable for any occasion, these unique and durable trays are also impact resistant, washable and quite roomy at 16x12 inches. They're perfect for gifts, displaying and collecting.

Send away today for The Norman Rockwell Classic Trays. With our special introductory offer you can purchase one at a time for $16.00 each, or choose any combination of 4 or more for just $12.00 each plus shipping and handling. Mail the coupon to Armchair Shopper, P.O.Box 130, Indianapolis, IN 46206.

8B

9C

10C

© Curtis Publishing Co.
Exclusive Distributor W.T.H. International Trading Co.

Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206

❑ Please send me the Norman Rockwell Classic Tray at the price of only $16.00 each or $48.00 for the set of four. Please allow 3 weeks for delivery. Each tray is UNCONDITIONALLY GUARANTEED to please you or you may return the tray(s) within 90 days for a prompt refund, including applicable postage and handling.

How many? _____ 3A _____ 8B _____ 9C _____ 10C

Amount _____ + $5.00* shipping and handling = Total _____

❑ My check or money order is enclosed. Bill to my ❑VISA ❑MasterCard.

Card Number _____ exp.date ____/____

Signature _____

Name _____

Address _____ Apt# _____

City _____ State _____ Zip _____

❑ Enclosed is my self addressed, stamped envelope. Please send a catalog and literature.

* Up to 12 trays. Indiana residents add 5% sales tax. 1193

Where Do You Think You Are?

(answers from page 82)

(Theme: U.S. National Parks)

1. Ohio
2. Pennsylvania
3. Montana
4. Oregon
5. Wyoming
6. Washington
7. Florida
8. Utah
9. Tennessee

Text Credits

Page 18, recipes courtesy The Cooper Clinic; 22, recipes courtesy Maple Leaf Farms; 34, reprinted from *The Saturday Evening Post,* © 1898 The Curtis Publishing Company; 42, reprinted from *The Saturday Evening Post,* © 1907, CPC; 64, reprinted by permission from *Indianapolis Monthly*.

Photo & Illustration Credits

Cover: Reprinted from *The Saturday Evening Post,* © 1930. CPC. Page 12 (clockwise from top left), Rick Maiman/Sygma, Bob Daemmrich/Sygma, Lippin Group, CBS; 18, reprinted from *The Saturday Evening Post* © 1932 CPC; 22, 24, Maple Leaf Farms; 34, reprinted from *SEP,* © 1905 CPC; 35, reprinted from *The Country Gentleman,* © 1925 CPC; 36, reprinted from *SEP,* © 1905 CPC; 37, reprinted from *The Country Gentleman,* © 1929 CPC; 38, courtesy Enesco; 40, Joel Warren/Warner Bros.; 41, David James/Sygma; 44, courtesy Phoenix Prayer Garden; 50, © 1933; 51, © 1950; 52 © 1939; 53 (clockwise from top left) © 1938, © 1946, © 1932, © 1938; 54, © 1941; 55, © 1935—reprinted from *The Saturday Evening Post* © CPC; 58-59, photos by Kiki Cardoza/Inner-City Games; 64, Anthony Valainis/reprinted from *Indianapolis Monthly* magazine; 74-76, Sandy Huff; 78, Old Salem; 80, courtesy MacNeil/Lehrer Productions.

Cheers Trivia Game

The doors are still open at America's favorite tavern with this new *Cheers* trivia game. Get the gang together, join in the fun, and keep the legend alive. The playing board looks just like the floor plan of the familiar *Cheers* bar.

Order yours today with this limited offer, $29.95 each, plus $5.00 for shipping and handling.

Mastercard, Visa or send check or money order to:

5-STAR PROMOTIONS

7657 Winnetka Ave. #322 Canoga Park, CA 91306

1-800-266-6550

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

©1993 NordicTrack, Inc., A CML Company • All rights reserved.

Give the gift that lasts a lifetime...NordicTrack.

The best way to show you care is by giving the lifetime gift of health and fitness. And there's no better way to do that than by giving those you love a NordicTrack® exerciser.

NordicTrack — the world's best gift.

NordicTrack simulates cross-country skiing, noted by experts as the world's best aerobic exercise. With all its life-enriching benefits, you can't find a better gift than "The World's Best Aerobic Exerciser®." Regular workouts with NordicTrack (as little as 20 minutes, 3 times a week) help you lose weight, feel better physically and mentally, raise your energy level and reduce stress.

Our exclusive workout exercises both your upper and lower body. In fact, it tones every major muscle group in your body — unlike ordinary machines which only work your legs. You simply set the adjustable resistance to meet your fitness level or goal.

Then the *patented flywheel and one-way clutch mechanism* takes over. It delivers smooth, non-jarring motion that's easy on your back, knees and legs. That's what makes NordicTrack perfect for those who haven't exercised in a while.

The lifelong solution for dieters.

You probably know someone who suffers from the down and up cycle of yo-yo diets. They starve to lose weight, only to gain it back all too soon.

There's a healthier way to keep weight off. Eat sensible meals. And enjoy the calorie-melting workout of a NordicTrack. Because it's a total-body workout, you'll burn up to 1,100 calories per hour. And you'll burn more fat than with ordinary exercisers. But most important, it revs up your metabolism to burn extra calories. So the weight you lose will stay lost.

Who wouldn't enjoy a gift like that? This is your chance. For as little as $339.95, you won't just give them "The World's Best Aerobic Exerciser®." You'll help enrich their life with a firm body, sound mind and strong heart.

Select the gift that gives a lifetime of health and happiness... Call today!

1-800-441-7891 Ext. 314K3

or write: NordicTrack, Dept. 314K3, 104 Peavey Road, Chaska, MN 55318-2355

30-day in-home trial!

NordicTrack
A CML Company

We're Changing the Shape of America.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

FINAL EDITION

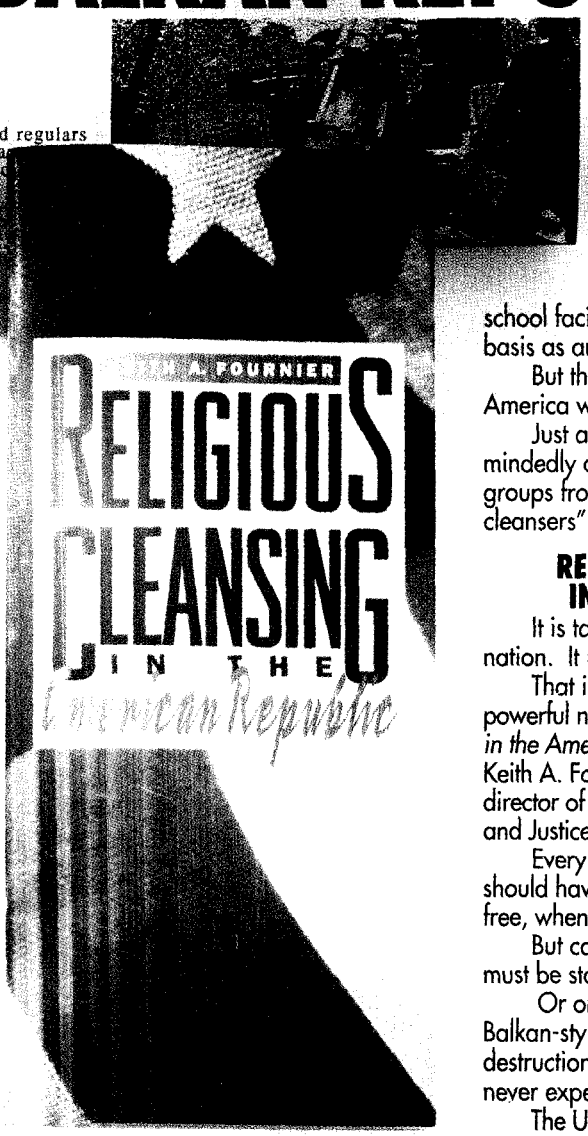
DAILY NEWS

ETHNIC CLEANSING TAKES TOLL IN BALKAN REPUBLICS

Troops attack armed enclave

(Special) An estimated 5,000 heavily armed regulars attacked fortified positions in the mountainous a looking Sarajevo today, according to United observers.

The assault began at 3:00 AM and continued t morning. Civilians beginning to leave the area o main [illegible] were [illegible] cross[illegible]



Women abused in "Rape Camps"

(Bosnia-Herzogovinia) Unconfirmed reports of organized "rape camps" set up near heavily-traveled roads in the former capitol of this beleaguered nation have begun filtering into international newsrooms.

No official announce-

Day after day, the [illegible] media [illegible] horrible reports that are reminiscent of the infamous Holocaust.

"Ethnic cleansing" is a cruel injustice and rightly grieves us.

History teaches that such atrocities begin with unjust discrimination. Later, victimized groups are labeled, suffer ridicule, and lose social status.

Finally, the outcasts are denied any voice in public affairs and are openly attacked, as we are seeing in the Balkans.

Tragically this pattern of intolerance is being applied to a very large number of our fellow Americans today...God-fearing Americans.

Advocates of "religious cleansing" will not rest until every vestige of religion is erased from the public arena. Our public interest law firm is all too familiar with the zeal of their attack.

THE AMERICAN CENTER FOR LAW AND JUSTICE

In courtrooms across America, we are actively defending religious freedom.

For instance, in our recent *Lambs' Chapel* case before the U.S. Supreme Court, we helped secure the right of a religious organization to use a public school facility after hours on the same basis as any other group.

But the anti-religion zealots in America won't give up easily.

Just as "ethnic cleansers" are single-mindedly determined to eliminate certain groups from public life, "religious cleansers" attempt to do the same.

RELIGIOUS CLEANSING IN AMERICA IS REAL

It is taking place all across this nation. It is dangerous.

That is why we are offering this powerful new booklet, *Religious Cleansing in the American Republic.* It is written by Keith A. Fournier, Esq., the executive director of the American Center for Law and Justice.

Every freedom-loving American should have a copy. You may have one, free, when you call our toll-free number.

But call now. The censors and bigots must be stopped.

Or one day, the world will witness Balkan-style persecution and destruction in a place it never expected.

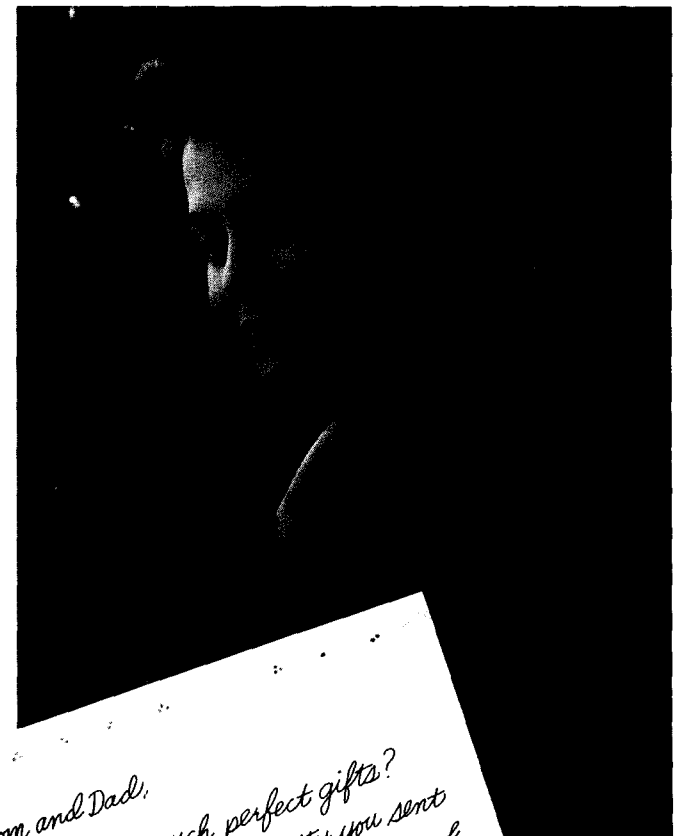
The United States of America.

DON'T LET IT HAPPEN IN AMERICA
CALL 1-800-342-ACLJ

THE AMERICAN CENTER FOR LAW AND JUSTICE
1-800-342-2255 P.O. Box 64429, Virginia Beach, Virginia 23467

The Center is a not-for-profit public interest law firm and educational organization dedicated to the promotion of pro-liberty, pro-life and pro-family causes.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



Dear Mom and Dad,
How do you find such perfect gifts?
The Precious Moments Nativity you sent
is just beautiful. It reminds me of
home, and how we used to add the baby
to your Nativity on Christmas Eve.
With each new piece, our Nativity will
grow. But Jack and I will never forget
how it began -- with a lovely tradition,
and a gift that will always have a
special place, beneath our tree, and
in our hearts.
Love always,
Laura

THE ENESCO PRECIOUS MOMENTS COLLECTION

Give a gift that will touch her heart.

The Enesco Precious Moments Collection...
because life is filled with precious moments.™

For the authorized dealer nearest you, call 1-800-388-5577

Shown: three of a nine piece set.

© 1993 Enesco Corporation, Figurines shown © 1986 PRECIOUS MOMENTS, INC., Lic. Enesco.

Enesco is proud to be a National Corporate Sponsor of Easter Seals.

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED